

Programs for

Seniors

2001

12th Edition



Inside:

Valuable Information for Older Persons and Their Families

NOVA SCOTIA
Senior Citizens Secretariat



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Message from Premier John Hamm

I am delighted to be included in this year's edition of *Programs for Seniors*. This directory recognizes the valuable and vital contribution that seniors make in building strong communities and a better Nova Scotia.

I would like to congratulate the Senior Citizens Secretariat for this, the 12th annual publication of this directory. It serves as a resource for seniors who may need to access government programs. It also offers opportunities for those who are looking to contribute to our province.

Nova Scotia has long had a strong sense of heritage. Our songs, stories and seaside traditions have been handed down from generation to generation, growing stronger with each passing year. Our seniors remind us of the dedication and hard work that built our province. This same ethic will undoubtedly behove us as we move into a new and exciting era for Nova Scotia.

I encourage all Seniors to take full advantage of this publication. I invite you to seek out new opportunities and experiences and join me in renewing the strength of our communities and the pride of our province.

Again, it is an honour to participate in this year's publication of *Programs for Seniors*.

Sincerely,

John F. Hamm



Message from the Chair Hon. Jamie Muir

In Nova Scotia, seniors are vital members of our communities. You are valued, not simply for your many past contributions to society, but as citizens who possess wisdom and can advise on ways to improve our great province.

As Health Minister and Chair of the Senior Citizens' Secretariat, I am greatly encouraged by the active role seniors are playing in health care reform here in Nova Scotia. As we work to bring much-needed changes to the system, the guidance and input of seniors and seniors' organizations are helping us identify areas of priority.

The Government of Nova Scotia has made its commitment to seniors clear. Earlier this year, we moved all seniors programs under the jurisdiction of the Department of Health to make it easier for seniors to access the programs and services they need. We have also strengthened the role of the Senior Citizens' Secretariat by appointing an Executive Director. This Secretariat's enhanced role will help increase and improve communication and consultation with seniors' organizations. This means the Senior Citizens Secretariat will also continue to work with seniors to improve programs, services and activities that contribute to their quality of life.

Our commitment to you goes well beyond duty. It is motivated by our desire to see our seniors live longer, happier and healthier lives.

The Secretariat invites any comments you may have on this edition of *Programs for Seniors*. Our toll-free number (1-800-670-0065) is available for any questions you may have. Our staff will be happy to provide you with any information or assistance you may need. You can also visit our website at:
www.gov.ns.ca/health/seniors/senior1.htm

Jamie Muir
Minister of Health

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Personal Record

Name _____
Address _____
Postal Code _____
Telephone Number _____
Social Insurance Number _____
Medical Insurance Number _____
Old Age Security(Pension)Number _____

Name, Address and Telephone Number Of:

Relative _____
Friend _____
Doctor _____
Lawyer _____
Clergy _____
Social Worker or Counsellor _____

Other Telephone Numbers:

Health Department _____
Home Care Nova Scotia _____
Home Life Supports _____
Pharmacy _____
Clubs and Centres _____

Emergency Numbers:

Ambulance _____
Police _____
Help Line _____
Fire Department _____
Hospital _____
Poison Control _____

If you cannot dial the number yourself, dial "911" for an operator and say: "This is an emergency." Tell the Operator where help is needed and try to give the exact location of the emergency, if possible.

Senior Citizens' Secretariat

If you have any suggestions or questions concerning the contents of this publication, or if you would like additional copies, please contact a member of our staff at one of the telephone numbers listed:

Valerie J. White,
Executive Director(902) 424-6322
Mary Boutilier,
Administrative Assistant ..(902) 424-4737
Jane Mayer, Project Officer.(902) 424-5874
Harold Shea, Volunteer Liaison
Toll-free: 1-800-670-0065
Fax: (902) 424-0561
Our Mailing Address is:
P.O. Box 2065, Halifax, NS B3J 2Z1

The offices of the Secretariat are located on the 4th floor of the Dennis Building, 1740 Granville Street, Halifax, NS. Our staff will be pleased to see you at the office regarding any matter.

Toll-Free Number For Seniors

A toll-free telephone number is available for all senior citizens residing in Nova Scotia. As a result, seniors will incur no long distance charges for calls to the Secretariat. Seniors or persons acting on their behalf may call this toll-free number with any concerns or questions, and the Secretariat will be pleased to provide the appropriate assistance and information. If you live outside the free calling area (metro Halifax), call 1-800-670-0065. If you live in the free calling area (Halifax-Dartmouth region) dial 424-0065. A telephone answering machine will record all requests and messages. These calls will be answered promptly the next working day.

Senior Citizens' Secretariat

Plan to attend Seniors' Expo "2001" July 6-7 at
The World Trade and Convention Centre, Halifax.

Enjoy Entertainment, informative seminars, special
demonstrations and discover new options to help
enjoy 50 plus years.

What would you like to see at Seniors' Expo

Who would you enjoy as entertainers?

We would appreciate your suggestions.

Please Call: 1-800-670-0065

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Seniors' Organizations: Provincial

Senior Citizens' Secretariat

Legislation was introduced at the 1980 Session of the Nova Scotia Legislature which provided for the establishment of the Secretariat. The Act designated the Ministers of Social Services, Health, Municipal Affairs and the Minister charged with the administration of the Housing Act as constituting the Secretariat, with the Governor-in-Council having the authority to add other persons. The Ministers of Education, Culture, Recreation and Fitness were added on August 17, 1982.

The mandate of the Secretariat is to facilitate the planning and development of services and programs for seniors by coordinating plans, policies and programs presented by the departments of the provincial government, and by developing plans, policies and programs for and with seniors in partnership with the responsible departments of government and other provincial bodies and voluntary seniors' groups.

The members of the Secretariat include:

- Honourable Jamie Muir, Chairperson, Minister of Health
- Honourable Peter G. Christie, Minister of Community Services
- Honourable Angus MacIssac, Minister of Housing and Municipal Affairs
- Honourable Jane Purves, Minister of Education and Minister Responsible for the NS Sport and Recreation Commission

The office of the Secretariat is located at:
4th Floor, Dennis Building,
1740 Granville Street
P.O. Box 2065, Halifax, NS B3J 2Z1
Phone: (902) 424-0065
Fax: (902) 424-0561
Toll-free: 1-800-670-0065

Nova Scotia Centre on Aging

Mount Saint Vincent University

The Nova Scotia Centre on Aging was officially opened in 1992, with a three-part mandate of education, research and outreach in the field of aging. The Centre is affiliated with Mount Saint Vincent University's Department of Family Studies and Gerontology. One focus area defined by the Centre on Aging is that of care-giving to family members, including operation of a Caregiver Resource Library.

To learn more, contact:

Marlene MacLellan, Associate Director
Nova Scotia Centre on Aging
Mount Saint Vincent University
166 Bedford Highway, Halifax, NS
B3M 2J6
Phone: (902) 457-6546
Fax: (902) 457-6455

The Nova Scotia Centre on Aging at Mount Saint Vincent University was established in 1992 primarily because of the persistent efforts of Dr. Fred MacKinnon, Director of the Senior Citizens' Secretariat from 1980-1995. He saw the need for an academic Centre which could provide leadership in the field of Gerontology and be a resource to various sectors of the community.

Dr. F. R. MacKinnon Endowment Fund

On July 18, 1996 an endowment fund called the Dr. F. R. MacKinnon Endowment Fund was established at the NS Centre on Aging. The fund will advance the mandate of the Centre which is to establish standards of excellence in research, continuing education and community outreach/consultation in age related issues. Income from the Endowment Fund could be used to assist students or a specific project or other needs as determined by the Centre's Board. All contributions to the Fund are accepted as a charitable donation and income tax receipts will be issued. Those wishing to contribute to the fund should make their cheque payable to Mount Saint Vincent University and send it to the Dr. F. R. MacKinnon Endowment Fund, c/o Development Office, Mount Saint Vincent University, Halifax, NS B3M 2J6.

For additional information call:
(902) 457-6546.

Gerontology Association of Nova Scotia

The Gerontology Association of Nova Scotia is a multi-disciplinary association established in 1977 to provide leadership on issues related to aging. The aims and objectives of the Association include: providing opportunities for individuals and organizations with an interest in aging to meet and share common concerns; foster networking amongst individuals and organizations; facilitate gerontological research in Nova Scotia; and serve as a consulting body on issues related to older Nova Scotians. The Association's activities include: work-

shops, networking, "brown bag" educational seminars, student scholarship, educational symposium and a newsletter.

Membership is open to organizations, families and individuals with an interest in aging.

For more information, write to:
Alice Galpin-Nicholson
Vice-President
Gerontology Association of NS
P.O. Box 952
Halifax Central
Halifax, NS B3J 2V9

Canadian Pensioners Concerned

(CPC) - Nova Scotia (founded 1971)

Canadian Pensioners Concerned - Nova Scotia is an intergenerational, volunteer, non-profit advocacy organization which addresses housing, pensions and financial issues, health care, abuse, legal, transportation and other concerns affecting older Nova Scotians, their families and caregivers. Membership is open to anyone above the age of 18 years.

Ongoing activities include research and preparation of briefs, reports, publications and educational materials; dialogue with government and networking with other organizations;



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participation in conferences and meetings; sponsorship/implementation of projects, forums and workshops; and provision of information on numerous topics to the public.

Publications available from CPC (Provincial) includes: *Battered and Betrayed*, an information book about Elder Abuse; *Housing Information Handbook for Older Nova Scotians*; *Action Through Advocacy* – an information/skills book, and *My Plans for Me* – an education kit about Advance Health Care Directives, and “Part of the Process” – Enabling Older Caregiving Women to Participate.

CPC's walk-in information office which provides resources and referrals is staffed by volunteers Monday–Friday, 10:00 am–4:00 pm (with reduced summer hours). Monthly meetings are held on the fourth Monday of each month (excluding June, July and December).

For information contact:

Joan Lay, President
Canadian Pensioners Concerned
Nova Scotia
Starlite Gallery, Suite 325,
Bayers Road Shopping Centre,
7071 Bayers Road, Halifax, NS B3L 2C2
Phone: (902) 455-7684 or (902) 477-5151
Fax: (902) 455-1825

Community Links

Community Links is a provincial network helping rural senior organizers and volunteers/service-providers share ways of meeting the needs of older residents through their community organizations. We encourage volunteer programs and services using senior leadership and community development strategies. Our membership includes 95 organizations, providing a wide range of volunteer ser-

vices through a wide range of seniors' clubs, centres, drop-ins and projects as well as community health centres and boards, resource centres and other organizations.

For more information, please contact either:

Rev. Canon Sid Davies, President or
Marilyn Worth, Provincial Coordinator
200A Albrow Lake Road
Dartmouth, NS B3A 3Z2
Phone: (902) 464-9558
E-mail: marilynworth@ns.sympatico.ca

Nova Scotia Government Retired Employees Association (NSGREA)

The Nova Scotia Government Retired Employees Association is dedicated to the well-being and comfort of pensioned, former employees of the Nova Scotia Government.

The NSGREA serves as an advocate, helping to oppose restrictions or reductions by provincial and federal governments on pension benefits. The Nova Scotia Government Retired Employees Association has grown to 2,800 members since it was founded 14 years ago. All recipients of Nova Scotia Public Service Superannuation Allowance may join. Annual dues are \$20.00.

For information, contact:

Bernie LaRusic, President, Suite 100
800 Sackville Drive, NS B4E 1R8
Phone: (902) 865-5050 (W)
(902) 562-1901 (H)

Toll-free: 1-800-677-8666, or

Sharon Braine, Membership Secretary
Phone: (902) 865-5050

Federal Superannuates National Association (FSNA)

The Federal Superannuates National Association (FSNA) has, since 1963, been advancing, promoting, and protecting the interest of Public Service, Armed Forces, and The Royal Mounted Police retirees.

FSNA is recognized by governments, national unions, and staff associations as the organized voice for Federal Superannuates.

For more information contact:
Kenneth F. Brown,
Regional Director for Nova Scotia
P.O. Box 223, Cornwallis, NS B0S 1H0
Phone: (902) 638-8783
Fax: (902) 638-3285
E-mail: admin@halc.ns.ca

Federal Superannuates National
Association,
1052 St. Laurent Blvd.
Ottawa, Ontario K1K 3B4
Phone: (613) 745-2559
Fax: (613) 745-5457
E-mail: info@fsna.com
Website: www.fsna.com

Federation of Senior Citizens and Pensioners of Nova Scotia

The Federation of Senior Citizens and Pensioners of Nova Scotia is a democratic, non-political, non-sectarian organization composed of senior citizens clubs and councils. It is affiliated with the National Federation of Senior Citizens and Pensioners.

The Federation monitors senior citizens' programs, services and benefits and advocates for their maintenance; and works closely with the eight other major senior citizens' organizations and the Senior Citizens' Secretariat of Nova Scotia.

Our Executive meet 3 times a year with our Zone Representatives. We also hold our Annual Convention in Truro in May at Keddy's Motor Inn with a very good attendance from across Nova Scotia.

For further information, contact:
Eileen Amirault, President
Box 222, West Pubnico
Yarmouth, NS B0W 3S0
Phone: (902) 762-2058 or
Edda Ferguson, Secretary
171 Coxheath Road
Sydney, NS B1R 1R7
Phone: (902) 562-5267


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Canada's Association for the Fifty-Plus (CARP)

If you are fifty years or older, CARP is your ticket to savings on products and services, and award-winning magazine and a strong national voice!

Close to 400,000 members across the country support CARP's mission to effectively promote the rights and quality of life of mature Canadians; and it's mandate to develop practical recommendations for issues raised-issues such as and Integrated health care system including homecare, the new face of retirement, ageism, successful ageism, retirement income and environment.

A non-profit organization, CARP does not receive government operating funding in order to maintain it's independence and nonpartisanship.

CARP membership is \$15.95 per year (\$43.95 for three years) including spouses, and CARP News which is mailed to our members six times annually.

The bigger the numbers, the stronger the voice. To join CARP, please call:

Phone: (416) 363-8748

Fax: (416) 363-8747.

E-mail: emurphy@fifty-plus.net

Website: www.fifty-plus.net

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or write, 530 College Rd., Windsor, N.S. B0N 2T0

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Your Maritime Representative is:

Redvers F. Cainey

26 Millwood Drive, Sackville NS

B4E 2V3

Phone: (902) 864-7407

Fax: (902) 865-1313

Disabled Persons Commission

The Province of Nova Scotia established the Disabled Persons Commission in order to provide a mechanism to ensure that the concerns of persons with disabilities are promoted and considered, especially in matters of policy and where concerns affect several government departments. The Commission facilitates communication of information on programs and services available to Nova Scotians with disabilities. As well, the Commission reviews existing government policies and programs which relate to or affect persons with disabilities to ensure that they appropriate, effective and reflect the needs and concerns of the community.

The Act provides a mechanism for persons with disabilities to become policy advisors on issues and concerns that directly affect their lives.

Disabled Persons Commission

Nelson Place, 5675 Spring Garden Road
P.O. Box 222

Halifax, NS B3J 2M4

Phone: (902) 424-8280

TTY: (902) 424-2667

Toll-free: NS only 1-800-565-8280

Toll-free: NS only 1-877-996-9954

Fax: (902) 424-0592

E-mail: dpcomm@istar.ca

Nova Scotia Advisory Council on the Status of Women

The Advisory Council was established by statute in 1977, with the mandate of advising the Minister Responsible for the Status of Women and of bringing forward the concerns of women.

The mission of the Advisory Council is to advance equality, fairness and dignity for all women.

Council pursues this mission through five strategic goals:

- To increase the participation of women in all the diversity in decisions that affect their lives, families and communities, with particular emphasis on those who face discrimination because of race, age, language, class, ethnicity, religion, disability, sexual

orientation or various forms of family status.

- To advise on ways in which legislation, government policies and programs can advance equality for women in Nova Scotia.
- To promote women's economic equality.
- To eliminate violence against women in communities, workplaces and families.
- To improve the health and well-being of women and their families.

Council works to meet these goals through research and policy advice; through information and education; and through community and partnership development. The Council houses a 5,000 volume Resource Centre and publishes a newsletter four times a year.

Each year, more and more group leaders are choosing Aquila, from walking clubs to alumni associations to church affiliated groups to French groups.

A Group Leader Is...
...a person who inspires and motivates people to travel together. The reasons for travel are diverse - for a convention or event, to study a culture, to experience a destination, or just to have fun together.

Share the Experience!
Aquila has created moving experiences for a wide variety of groups, from alumni associations to seniors and retiree groups and everything in between!

We Love Group Leaders
It pays to become a Group Leader. Your work as a Group Leader saves Aquila time and money. In return, we pass these savings on to you in the form of Free Travel or Fundraising for your group.

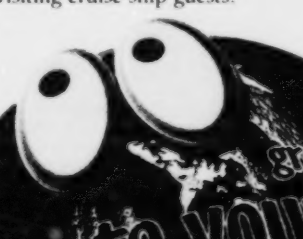
Your Group is Special
To Aquila, every group is special! That's why Aquila specializes in customized itineraries - to meet the particular needs and interests that are unique to your group. You can count on Aquila to create moving experiences while providing the best possible value.

About Aquila...
Since 1982 Aquila has been creating moving experiences - on tour programs at home and abroad, at conventions and events throughout Atlantic Canada, and on shore excursions for visiting cruise ship guests.

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creating moving experiences

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Tel: 506-633-1224 Fax: 506-658-0969
Toll-Free: 800-561-9091
Email: aquila@nbnet.nb.ca
www.aquilatours.com



Take me to your leader



CONSUMER PROTECTION PLAN

The Council employs part-time field workers in Colchester-East Hants, Cumberland County, and Digby-Annapolis. The Councils Halifax office houses a resource centre that is open to the public Tuesday-Friday, 12:00-4:00 pm.

For more information, contact:
NS Advisory Council on the Status of Women, Suite 202, Quinpool Center,
6169 Quinpool Road, P.O. Box 745
Halifax, NS B3J 2T3
Phone: (902) 424-8662
Toll-free 1-800-565-8662 in NS
Fax: (902) 424-0573
E-mail: nsacw@gov.ca
Internet: <http://www.gov.ns.ca/staw/>

Regroupement des Aîné-e-s de la Nouvelle-Écosse

Historique et mandat

Le Regroupement des aîné-e-s de la Nouvelle-Écosse est né lors d'un colloque tenu les 26 et 27 octobre 1994 à Halifax. Cette association provinciale est rattachée à la Fédération acadienne de la Nouvelle-Écosse (FANE) et affiliée à l'Assemblée des Aînés et Aînées francophones du Canada.

Mandat

Le Regroupement des aîné-e-s de la Nouvelle-Écosse a pour but :

- de promouvoir les intérêts généraux et particuliers de la population aînée acadienne et francophone de la Nouvelle-Écosse
- d'assurer l'épanouissement de la population aînée acadienne et francophone de la Nouvelle-Écosse
- d'être le porte-parole autorisé de la population aînée acadienne de la Nouvelle-Écosse.

Activités

Concrètement, cela signifie que le Regroupement se penche sur des sujets et domaines qui touchent particulièrement les aîné-e-s tels que les pensions, les soins à domicile, la santé, etc. Mais, un regroupement ne peut faire que des revendications. Il faut également penser aux activités sociales provinciales différentes de celles des clubs locaux. Ces activités peuvent prendre la forme de conférences à travers la province, de réunions annuelles, de voyages, de projets de collaboration entre les jeunes et les aîné-e-s, de publications culturelles, etc. Les possibilités sont infinies.

Adhésion

Le Regroupement compte maintenant près de 350 membres répartis dans les sept régions acadiennes de la Nouvelle-Écosse, soit Clare, Argyle, Chéticamp, Richmond, Halifax/Dartmouth, Sydney et Pomquet. Le Conseil d'administration du Regroupement est composé d'un-e représentant-e de chaque région.

Pour de plus amples renseignements au sujet des activités du Regroupement des Aîné-e-s de la Nouvelle-Écosse ou pour devenir membre, n'hésitez pas à communiquer avec le bureau provincial au :
73, promenade Tacoma, Bureau 203
Dartmouth, Nouvelle-Écosse B2W 3Y6
Téléphone: (902) 433-0065

Association of Halifax Regional Seniors' Councils

In order to deal with the seniors issues common to all the Councils, the Seniors' Councils under the Halifax Regional Municipality decided to form in 1997 a co-ordinating organization under the name "Association of Halifax Regional

DISCOVER SPORTFISHING IN NOVA SCOTIA

The Nova Scotia Department of Agriculture and Fisheries is pleased to provide handicapped resident anglers of the province with general fishing licenses, free of charge. Resident anglers who are 65 years of age may purchase a general fishing license at a reduced fee of \$5.75 tax inc. Anglers also have the opportunity to experience sport fishing in Nova Scotia during the annual Nova Scotia Sportfishing Weekend which will take place this year on June 02 and 03. On these days residents of Nova Scotia can

fish with out a general fishing license. Seasons and bag limits apply. A license is required to fish atlantic salmon.

The sites outlined below were constructed with funding from the Cooperation Agreement on Economic Diversification Barrier free Access to Sportfishing Program and are designed to provide a safe yet enjoyable angling experience.

BARRIER FREE SITE	LOCATION	SPONSORING ORGANIZATION	Nova Scotia Mapbook Reference	Wheelchair Accessible Washrooms	Parking Area	Launch Ramp	Canteen Facilities	Picnic Area	SPECIES PRESENT AT SITE
1 River Ryan Bridge	Lingan Bay, Cape Breton County	New Waterford Fish & Game Association	43 C2		✓	✓		✓	Speckled Trout, Rainbow Trout, Brown Trout, Eels, Cod, Flounder, Smelts, Mackerel
2 Colliery Lands Park	New Waterford Cape Breton County	New Waterford Fish & Game Association	43 C2			✓			Speckled Trout*
3 Amagadees Pond	Ekasom Reserve Cape Breton County	Ekasom Fish & Wildlife Commission	39 D1					✓	Speckled Trout, Rainbow Trout*, Atlantic Salmon, Eels, Smelts, Cod, Gaspereau
4 Barra Strait Marina	Grand Narrows Cape Breton County	Grand Narrows Waterfront Development Society	38 C5	✓	✓		✓	✓	Rainbow Trout, Mackerel, Cod
5 Kiwans Pond	Truro Colchester County	Cobequid Salmon Association	23 C2		✓	✓	✓	✓	Speckled Trout*, Gaspereau
6 Acacia Brook	Acacia Brook Digby County	Digby East Fish & Game Association	4 D1		✓			✓	Speckled Trout
7 MacKeen's Pool	St. Mary's River Guysborough County	St. Mary's River Salmon Association	30 C3		✓			✓	Speckled Trout, Atlantic Salmon
8 Murphy Lake	Mount Umacke Hants County	Umacke Heritage Society	20 D2	✓	✓		✓		Speckled Trout*
9 Oakfield Provincial Park	Oakfield Halifax County	Canadian Association of Smallmouth Anglers	24 A2	✓	✓	✓		✓	Speckled Trout*, Smallmouth Bass, Yellow Perch, Landlocked Salmon, Striped Bass
10 Morris Lake	Dartmouth Halifax County	Kiwans Club of Cole Harbour - Westphal	24 B5			✓			Speckled Trout, Smallmouth Bass, White Perch, Eels
11 MacIntyre Lake	MacIntyre Lake Inverness County	Strait Area Fish & Game Association	34 D4		✓				Speckled Trout*, White Perch
12 Hall's Harbour	Hall's Harbour Kings County	Hall's Harbour Community Development Association	13 C4	✓	✓		✓		Mackerel
13 New Germany Lake	New Germany Lunenburg County	LaHave River Watershed Enhancement Foundation	15 B1		✓	✓		✓	Speckled Trout, White Perch, Atlantic Salmon, Smallmouth Bass, Yellow Perch
14 Trenton Steeltown Park	Trenton Pictou County	Trenton Parks & Recreation	26 C4	✓	✓		✓	✓	Speckled Trout*
15 Brown's Point	Pictou Pictou County	Town of Pictou	26 C4	✓	✓			✓	Speckled Trout, White Perch, Smelts, Gaspereau, Striped Bass
16 Lansdowne Park	Lansdowne Pictou County	Lansdowne Outdoor Recreation & Development Association	27 B1	✓	✓			✓	Speckled Trout*, Rainbow Trout*
17 Meadow Pond Brook	Liverpool Queens County	Region of Queens Municipality Recreation & Community Development	16 B2		✓			✓	Speckled Trout
18 Chebogue River	Chebogue River Yarmouth County	Chebogue River Aquatic Club	5 A4	✓	✓		✓	✓	Cod, Striped Bass, Bluefish, Pollock
OTHER BARRIER FREE SITES									
19 Lewis Lake Picnic Park	Halifax County	Nova Scotia Department of Natural Resources	20 D5	✓	✓			✓	Speckled Trout*, Rainbow Trout*, White Perch
20 Newville Lake	Newville Cumberland County	Nova Scotia Department of Natural Resources	12 E5		✓		✓	✓	Speckled Trout, Atlantic Salmon, White, Yellow Perch, Shad
21 Dalem Lake	Bras D'Or Victoria County	Nova Scotia Department of Natural Resources	38 E2	✓	✓			✓	Speckled Trout*, White Perch
22 Mira River Park	Brickyard Road Cape Breton County	Nova Scotia Department of Natural Resources	44 A1		✓			✓	Speckled Trout, Brown Trout, White Perch, Striped Bass
23 Albro Lake	Dartmouth Halifax County	Halifax Regional Municipality	24 A5	✓	✓				Rainbow Trout*, White, Yellow Perch

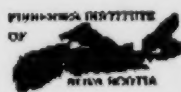
(*) Indicates that the population has been enhanced by stocking

For map (grid) references see A Map of the Province of Nova Scotia available at the Nova Scotia Government Book Store and most local book stores

For more information on barrier free sportfishing contact:

Nova Scotia Department of Agriculture and Fisheries, Inland Fisheries Division, PO Box 700, Pictou, NS B0K 1H0

Phone: 902-485-5056, Fax: 902-485-4014, Website: www.gov.ns.ca/fish/inland



Seniors' Councils". The objectives of the Association are as follows:

- Form partnership and work in collaboration with organizations having similar objectives
- Examine and discuss concerns of aging and elderly citizens residing within Halifax Regional Municipality
- Offer advice and council government, business and community in programs and services for the people over the age of 50 years
- Promote and support initiatives that enhance the well-being of people over the age of 50 years
- Share with member Councils information on all matters related to seniors

In fulfilment of its objectives the Association organizes workshops and seminars, exchanges information between the Seniors' Councils and tries to maintain contacts with the senior clubs of the metro area.

For further information contact
Secretary, Leo Poirier,
Apt. 301, Alderney Drive
Dartmouth, NS B2Y 4A7
Phone: (902) 469-3907

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Seniors' Organizations: Federal

Division of Aging and Seniors, Health Care

The Division of Aging and Seniors, Health Canada, serves Canadians as a centre of information and advice on seniors and aging issues.

Activities include:

- Providing national leadership on issues related to aging and seniors
- Providing knowledgeable advice to the Minister of Health
- Increasing and sharing knowledge on factors leading to better health and well-being in later life
- Developing and disseminating resources to enhance the independence and personal autonomy of seniors
- Working and consulting with partners (the provinces, territories, seniors' organizations and other sectors) to strengthen Canada's capacity to support healthy aging
- Addressing issues concerning the end of life

In addition the Division:

- Provides operational support to the National Advisory Council on Aging
- Supports the later life component of the Population Health Fund

In executing all of its roles and responsibilities, the Division promotes the meaningful participation of seniors in federal decisions and activities that affect them. The most recent publications from the Division are *The Safe Living Guide: A Guide for Home Safety for Seniors*, *A Guide to*

Communicating With Seniors, Seniors Guide to Federal Programs and Services, and various fact sheets and newsletters.

For more information or to request free publications or a list of publications, call or write:

Division of Aging and Seniors
Health Canada
Address Locator 1908A1
Ottawa, Ontario K1A 1B4
Phone: (613) 952-7606,
Fax: (613) 957-9938
E-mail: Seniors@hc-sc.gc.ca
Internet:
<http://www.hc-sc.gc.ca/seniors-aines>

The Population Health Fund

Health Canada has adopted a population health approach to further its continuing mandate to maintain and improve the health of Canadians. The population health approach integrates action on a broad range of determinants that affect the health of all Canadians. To support this approach, the Population Health Fund has been created.

Health Canada's population health approach incorporates a life cycle framework which consists of three life stages: childhood and adolescence, early to mid-adulthood and later life. This approach emphasizes action on health determinants within a specific life stage and across the life span.

The goal of the Population Health Fund is to increase community capacity for action on or across the determinants of health.

To achieve this goal, we will support projects that facilitate joint planning and coordinated actions among voluntary organizations, service providers, govern-

ments and the private sector to improve population health.

The Population Health Fund seeks to achieve three objectives through project funding:

- To develop, implement, evaluate and disseminate models for applying the population health approach.
- To increase the knowledge base for future program and policy development.
- To increase partnership and develop intersectoral collaboration.

Global priorities for Fund activities will be established by Health Canada nationally and regionally.

The Fund is designed to support time-limited projects sponsored by Canadian voluntary, not-for-profit organizations, educational institutions, which

Minor inconvenience today, major problem in the future...



Many people continue to put off the minor inconvenience of making a Will.

But the consequences of not having a Will can be a major problem to the family and friends you leave behind.

We urge you to take action now... Your family will appreciate it. The charities you will support will appreciate it. And you will appreciate the peace of mind knowing your loved ones are taken care of.

Make your Will today.



For your free Will Planner,
call Arleen Stevens at
Easter Seals Nova Scotia
TEL: 902 453-6000



**The Easter
Seal Society
Nova Scotia**

contribute to an increased capacity for action on the determinants of population health. For more information on the Fund contact the Population and Public Health Branch Office in the Atlantic Region.

Health Canada
1505 Barrington Street
Suite 1802
Halifax, NS B3J 3Y6
Phone: (902) 426-1536
Fax: (902) 426-5361

National Advisory Council on Aging

The National Advisory Council on Aging (NACA) assists and advises the Minister of Health on issues related to aging and the quality of life of seniors. More specifically, the Council:

- Reviews the needs and problems of seniors in Canada and recommends remedial action
- Maintains contact with national, provincial, and local associations, institutions, and groups involved with or representing seniors
- Stimulates public discussion on seniors' issues
- Publishes reports and distributes information on aging.

NOVA SCOTIA CENTRE ON AGING

A centre for research, education and outreach to benefit the aged, their families and the community. Visit our public **Caregiver Resource Library**.

Tel: 902-457-6546

Fax: 902-457-6455

E-mail:

centre.aging@msvu.ca



Excellence • Innovation • Discovery

The Council has a maximum of 18 members from all parts of Canada. Members are appointed for two- or three-year terms. Members bring to the council a variety of experiences, concerns and abilities.
Phone: (613) 957-1968

The Canadian Association on Gerontology

The Canadian Association on Gerontology (CAG) is a national, multi-disciplinary scientific and educational association established to provide leadership in matters related to the aging population. A registered Canadian charity, the CAG was formed on October 15, 1971 and is a member of the International Association of Gerontology.

The mission of the CAG is the development of theoretical and practical understanding of individual and population aging through multidisciplinary research, practice, education and policy analysis in gerontology.

Our membership is a dynamic mix of people interested in the field of gerontology including health care professionals, researchers, academics, administrators, government representatives, national organizational executives, students and seniors.

In order to accommodate the extensive interests and expertise of its' members, the CAG has five divisions:

- Health and Biological Sciences
- Social Sciences
- Social Policy and Practice
- Psychology
- Educational Gerontology

For more information, contact:
Linda O'Rourke, Executive Director
The Canadian Association
on Gerontology
100-824 Meath Street
Ottawa, ON K1Z 6E8
Phone: (613) 728-9347
Fax: (613) 728-8913
E-mail: info@cagacg.ca
www.cagacg.ca

One Voice

One voice, the Canadian Seniors Network, is a national not-for-profit seniors organization, independent of government and working to ensure that older Canadian are full and active participants in society. Through newsletters, surveys, conferences and consultations, One Voice provides a valuable exchange of information and research. Staff at the national office work with members and supporters all across Canada.

They can be reached at:
One Voice
100-112, rue Eddy Street
Hull, QC J8X 2W5
Phone: (819) 770-3131
Fax: (819) 770-5833
Toll-Free: 1-888-867-1111
E-mail onevoice.lavoix@videotron.ca
Web page/Internet Site:
<http://www.onevoice.ca> or
<http://www.lavoix.ca>
or local contact:
Dr. B.S. Verma
43 Golf Links Road
Bedford, NS B4A 2J1
Phone: (902) 835-8218

Canadian Snowbird Association

The Canadian Snowbird Association is a national, non-profit organization created to represent the health-care, social and economic interests, needs and concerns of Canadians who travel.

Membership in this democratic group provides a united and powerful voice in the defence of rights and privileges Canadians have earned. Major achievements in improving out-of-country medical health coverage and the provision of supplemental insurance have established the Association as the pre-eminent voice of Canadian Snowbirds.

Members also benefit from many services such as travel, group tours, currency exchange, auto and home insurance and motel discounts.

For further information, insurance and services, please contact:

The Canadian Snowbird Association
180 Lesmill Road,
North York, Ontario M3B 2T5
Toll-Free line: 1-800-265-3200

For local and regional concerns:
Jack Kiuru, Nova Scotia Director
1207-5959 Spring Garden Road,
Halifax, NS B3H 1Y5
Phone: (902) 422-2036
Fax: (902) 423-3558

Assemblée des aînées et aînés francophones du Canada

L'Assemblée des aînées et aînés francophones du Canada est un organisme national voué à la défense et à la promotion des droits des personnes âgées francophones de 50 ans et plus. Fondée en novembre 1992, l'Assemblée regroupe

aujourd'hui 22 associations de personnes âgées dans les 10 provinces et trois territoires du Canada et représente 435 000 membres de nos affiliés. Elle est la seule voix francophone des personnes âgées sur la scène nationale. Ses buts et objectifs sont de :

- regrouper des personnes âgées à la retraite et préretraite
- assurer les échanges d'idées d'un bout à l'autre du pays
- entreprendre des études pour favoriser la qualité de vie dans la vieillesse
- diffuser des renseignements sur les services disponibles
- offrir des suggestions pour améliorer le vieillissement
- valoriser les compétences de ses membres dans la société
- favoriser l'épanouissement de la jeunesse pour les préparer à mieux affronter l'avenir

L'Assemblée publie des documents, sondages, mémoires, études et bulletins d'information sur les soins de santé, les services sociaux, le logement, la sécurité du revenu et d'autres sujets pour améliorer la qualité de vie dans le vieillissement.

Pour devenir membre ou pour avoir plus de renseignements, veuillez communiquer avec notre Bureau national :

Assemblée des AAFC – CP 198
Pointe-de-l'Église, NS B0W 1M0
Téléphone : (902) 837-1081
Télécopieur : (902) 837-1082
Courriel : bureau@aafc.ca
Site Web : www.franco.ca/aafc

Information/ Telephone Numbers

Canadian Direct Marketing Association:
to remove your telephone number
from telemarketing calling lists, call
1-416-391-2362

**Federal Information Line
(Reference Canada):** 1-800-667-3355;
(902) 461-9999; (902) 426-2911

Phone Busters: 1-888-495-8501

GST: 1-800-959-1953; (902) 426-3972

Income Tax Office: 1-800-959-8281;
(902) 426-3972

Nova Scotia Medical Society:
(902) 468-1866

College of Physicians and Surgeons:
(902) 422-5823

Vol Net: Halifax – (902) 423-1368
Sydney – (902) 539-9063
Shelburne – (902) 875-2208

MSI: 496-7008; 1-800-563-8880

Home Support Nova Scotia Association:
(902) 479-0989

Insurance Bureau of Canada:
1-800-565-7189

Provincial Superintendent of Insurance:
(902) 424-5528

Government Enquiry Services

Public Enquiry Service Government of Nova Scotia

Public Enquiries Officers respond to telephone, written enquiries about provincial government services, programs and initiatives. The service offers a province-wide toll-free telephone line.



Flotilla of Fun

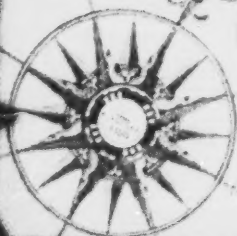
**Club
55+**

JOIN THE CREW -
JOIN THE FUN

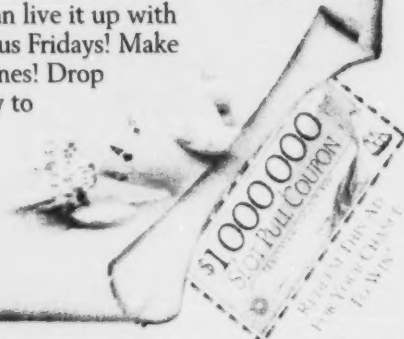
Casino Nova Scotia in Halifax invites you to join the club that's exclusively for seniors - Club 55+! Join the crew to ride the waves with all your favourite Casino games and membership benefits and rewards! It's free to join, so visit Casino Nova Scotia in Halifax and ask about joining Club 55+ today!

At the Casino in Sydney, seniors can live it up with fun games and great food on Fabulous Fridays! Make new friends and catch up with old ones! Drop by the Casino Nova Scotia in Sydney to join the Flotilla of Fun!

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Friday!**
for
55+




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Call Toll Free 1-800-670-0065

For information contact:
Public Enquiries
Service Nova Scotia
and Municipal Relations
8th Floor North
1505 Barrington St., Halifax, NS B3J 3P7
Phone: (902) 424-5200
Fax: (902) 424-0720
Toll-free: 1-800-670-4357

Information on the Government of Canada – Federal Government

When you need information about federal programs and services, new initiatives, or information products, call toll-free or visit our website. This is your primary access point to the Government of Canada.

Government of Canada Programs and Services

Toll-free: 1-800-OCANADA
(1-800-622-6232)
Website: <http://canada.gc.ca>

Government of Canada – Publications

Toll-free: 1-800-635-7943
Fax: (613) 941-5383
TTY: 1-800-465-7735
Website: <http://publications.pwgsc.gc.ca>

Seniors' Information Lines

Provincial Seniors' Information Line – Senior Citizens' Secretariat

A toll-free telephone number is available to all senior citizens residing in Nova Scotia. This means seniors will incur no long distance charges for calls to the Secretariat. Seniors or persons acting on their behalf may call this number with

their concerns or questions, and the staff will be pleased to provide the appropriate assistance and information.

For information and assistance, call:

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

(A telephone answering machine will record all requests and messages received after hours and on weekends or holidays; these will be answered promptly the next working day).

Senior Info Line – VON Halifax

VON Halifax offers trained volunteers to provide information to seniors regarding the various programs and services offered in the Halifax Regional Municipality for seniors. The Info Line is open Monday–Friday, 9:00 am–4:00 pm
Phone: (902) 454-5755
Telephone Device for the Deaf (TDD):
(902) 454-6696

Senior Info Line – VON Lunenburg

VON Lunenburg offers an information and referral service to all seniors and their families living in Lunenburg County. The Information Line is open Monday–Friday, 9:00 am–4:00 pm.
Phone: (902) 624-1897

Shelburne Seniors' Infoline

The Shelburne Seniors' Infoline is located in the Roseway Hospital. Telephone messages are recorded and returned.
Contact: Sandra Peterson
Phone: (902) 875-4642 or 875-3011
Toll-free: 1-800-565-0397

Seniors' Helpline/Outreach

Two telephone lines are located at the Valley View Villa in an area called "The Seniors' Center." Seniors in need may call. The system is staffed by volunteers from 10:00 am–3:00 pm, Monday–Friday.

Calls received after hours are answered by a recorded message and these calls are returned during regular hours.

For assistance, contact:

Phone: (902) 752-8400

Sydney Seniors' Infoline

The Sydney Volunteer Resource Centre is available to answer questions from seniors in the local area.

For information and referral, contact:

Phone: (902) 562-1245

Toll-free: 1-800-670-4357

Fax: (902) 863-7490

Kentville Centre

28 Aberdeen Street

Kentville, NS B4N 2N1

Toll-free: 1-800-670-4357

Fax: (902) 679-6094

Sydney Centre

380 Kings Road

Moxham Centre

Sydney, NS B1S 1A8

Phone: (902) 563-3700

Fax: (902) 563-3399

Truro Centre

35 Commercial Street, Suite 101

Truro, NS B2N 3H9

Phone: (902) 693-6280

Fax: (902) 893-6108

General Help Lines

The following Help Lines are lay-counselling, information and referral telephone services. These lines are staffed by trained community volunteers and the service is strictly confidential.

Access Nova Scotia

6960 Mumford Road

West End Mall

Halifax, NS B3L 4P1

Toll-free: 1-800-670-4357

Fax: (902) 424-2633

Dartmouth Centre

Super Store Mall

650 Portland Street

Dartmouth, NS B2W 6A3

Antigonish Centre

20 St. Andrews Street

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Yarmouth Centre

Centre Town Square, Suite 10
328 Main Street, Suite 10
Yarmouth, NS B5A 1E4
Phone: (902) 742-0750
Fax: (902) 742-0019

Metro Help Line

Metro Halifax
24 hours/day, 365 days/year
Phone: (902) 421-1188 (Voice or TDD)

Help Line South Shore

Lunenburg/Queens Counties
6:00 pm–12:00 am
Toll-free: 1-589-9026

Valley Care Help Line

Wolfville to Digby
7:00 pm–12:00 am
Toll-free: 1-825-4884

Help Line Yarmouth

7:00 pm–12:00 am
Phone: (902) 742-1331

Vital Statistics: Certificates and Identification Cards

Certificates

Proof of Age

Many reductions and benefits are available to senior citizens. To receive them, however, you are expected to prove your age. This is especially important when you are applying for government pensions and benefits. A copy of your birth or baptismal certificate should be included with

your pension application form. If these are not available, other documents are often accepted to establish age.

Baptismal Certificates

The church where you were baptised may supply you with a baptismal certificate. If you do not know the specific church, write the central office of your religious denomination. They may have duplicate records.

Marriage, Birth and Death Certificates

If you were born in Canada, you may obtain your birth certificate by writing to the Vital Statistics Branch of the province in which you were born. In Nova Scotia, death and marriage certificates are also available.

Marriage, birth and death certificates can be obtained in person 8:30 am–4:30 pm, Monday–Friday:

Vital Statistics Office
1690 Hollis Street, Halifax, NS B3J 2N3
or you may apply in writing to:
Vital Statistics Office
P.O. Box 157, Halifax, NS B3J 2M9
Phone: (902) 424-4381
(information recording)
Fax: (902) 424-4143
Toll-free: 1-877-848-2578
E-mail: vstat@gov.ns.ca

The fee for each wallet-sized certificate is \$20.00. Your application must contain your full name (first, middle, and last), the date and place of the event; and, in the case of birth certificates, your parents' full names (including mother's maiden name). You must also state the reason for your request.

If you require additional assistance or if you were NOT born in Canada, the Vital Statistics Office may be able to provide you with information on where to write for a foreign birth certificate: Phone (902) 424-4381.

For further assistance, you may contact: Income Security Programs Office
Toll-free: 1-800-277-9914 (English)
or 1-800-277-9915 (French)

Identification Cards

Social Insurance Number

To obtain a Social Insurance Card or to replace a lost or stolen Social Insurance Card, seniors can contact their nearest Human Resource Centre. The listings for these offices may be found under the Employment section of this program.

Seniors' Card

Three months after receiving your first Old Age Security Cheque you will receive a seniors' card from the Federal Government.

To contact the OAS office concerning this card, call: Toll-free 1-800-277-9914 (English) 1-800-277-9915 (French)

Drivers' License

The Registry of Motor Vehicles now issues a Photo Drivers' License valid for a period of up to five years. The cost to renew a driver's licence is now \$49.00. People with special needs, including seniors, may schedule a time to renew their license rather than standing in line for extended periods of time.

For more information, contact:
Phone: (902) 424-5851
Toll-free: 1-800-898-7668

The Department of Business and Consumer Services is pleased to offer a photo identification card service through all of its Registry of Motor Vehicles offices and at Access Nova Scotia Centres in Kentville, Dartmouth, Halifax, Sydney and Antigonish.

Photo IDs made easy!

The process is simple. Those wanting a photo ID must present one of the following combinations:

- a drivers licence plus two other pieces of identification
- a birth certificate plus two other pieces of identification
- a driver's licence or birth certificate plus one other piece of identification and a statutory declaration



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The fee for the service is \$14 and the card is valid for five years.
Toll-free: 1-800-898-7668

Passports

For information on passports, contact:
1809 Barrington Street, Suite 801
CIBC Building
Halifax, NS B3J 3K8
Phone: (902) 426-2770
Toll-free: 1-800-567-6868
Monday-Friday: 8:30 am-4:30 pm

Congratulatory Message Service

The Nova Scotia Protocol Office offers a Congratulatory Message Service from the Premier of Nova Scotia to Nova Scotians celebrating 25+ Anniversaries, and 65+ Birthdays in five year intervals. The Protocol Office will also, if requested, contact the following additional messages:

- The Queen
- Governor General
- Prime Minister
- Lieutenant Governor
- Member of Parliament
- Members of the Legislative Assembly

Requests should be submitted at least six weeks in advance of the celebration, with the exception of the Queen, who requires eight weeks advance notice. Her office also requires proof of age or marriage.

For further information, contact:
Protocol Office
One Government Place
Barrington Level
1700 Granville Street
Halifax, NS B3J 2Y3
Phone: (902) 424-4463

Fax: (902) 424-4309
Website: <http://www.gov.ns.ca/prot>

Consumer Protection

Service Nova Scotia and Municipal Relations

Service Nova Scotia and Municipal Relations provides assistance to Nova Scotians in issues related to the marketplace, financial matters or consumer complaints.

Debtor Assistance

This Department provides financial counselling to families and administers the orderly payment of debt provisions of the Bankruptcy Act. These provisions enable consumers to repay their debts over three to five years, while freezing interest costs at five per cent. Consumers are also assisted through consumer proposals under the Bankruptcy Act, which can provide flexibility in restructuring debt.

Licensing

The Department examines and licenses many business people, including agents for real estate, collection and insurance companies, cemetery and funeral services, direct sellers, mortgage brokers and lenders. If consumers are concerned that the person with whom they are dealing is not licensed, or is not providing adequate service, they should call Service Nova Scotia and Municipal Relations.

Inspection and Compliance

The Department investigates and audits the agents and companies that are licensed by the Department.

Financial Institutions and Revenue

The division regulates financial institutions such as trust and loan companies, credit union and insurance companies, and responds to consumer concerns about their practices and their agents.

Residential Tenancies and Consumer Complaints

This section is in charge of mediating tenancy complaints between landlords and tenants, whether they involve the return of security deposits, unpaid rent, the condition of the apartment, discontinuance of services or other problems.

Consumer complaints about the practices of licensed individuals are carefully investigated, particularly those related to trust monies.

Condominiums are also registered with this division, and seniors having concerns about the declaration, by-laws and rules governing their units can check with this department for more information.

For more information contact:

Access Nova Scotia
Dartmouth Access Centre
Atlantic Superstore Mall
650 Portland Street, Dartmouth, NS
B2W 6A3

Phone: (902) 424-4188

Fax: (902) 424-8652

Halifax Access Centre
West End Mall
6960 Mumford Road, Halifax, NS

Property Tax Rebate Program for Seniors

The Property Tax Rebate Program is designed to help seniors remain in their own homes.

It provides a rebate of municipal taxes paid for the previous year, in this case 1999, to a senior citizen.

You are eligible if you meet the following criteria:

- **are in receipt of the Guaranteed Income Supplement to the Old Age Security in January of each year;**
- **continue to live in your own home at the time of application;**
- **have paid all your 1999 property taxes in full.**

If you are new to the program you will receive a flat rate rebate of \$70 regardless of the amount of property tax paid. That amount will increase in 2001 and 2002.

In 2003, the program will provide each qualifying recipient with a rebate of 50% of the property taxes paid to a maximum of \$400.

Seniors who were in the program last year need not apply. They will receive an application form in the mail.

To find out if you are eligible for this rebate please call toll-free 1-877-296-9338. We will send you an application form.

Applications must be returned before December 31, each year.



00105615

Phone: (902) 424-4188
Fax: (902) 424-0711

Better Business Bureau of the Maritime Provinces Inc.

The Better Business Bureau receives, investigates and acts upon valid complaints regarding alleged misrepresentations and irregular practices in the advertising and selling of merchandise services, etc.; furnishes, upon request, available information concerning the business practices of firms dealing with the public; and, offers a CAMVAP program which assists you to resolve disputes with automobile manufacturers; and, offers educational materials and general information to educate the consumer about the marketplace. The office is open 10 am–3 pm weekdays.

For more information, contact:
Louis Gannon, Executive Director
1888 Brunswick Street, Suite 601,
Halifax, NS B3J 3J8
Phone: (902) 422-6581 (Inquiries)
Phone: (902) 422-6582 (Complaints)
Phone: (902) 422-6583 (Charity and
False Advertising Inquiries)
Fax: (902) 429-6457
E-mail: bbbns@bbbns.com
Website: <http://www.bbbns.com/bbbns>

(A 24 hour automated voice response system is in operation)

Yarmouth Office:
368 Main Street, Suite 103
Yarmouth, NS B5A 1E9
Phone: (902) 742-2432 (Inquiries)

Death and Bereavement

Making Things Easier for Those You Leave Behind — Arranging Your Affairs

The period following a death is highly emotional. A little bit of pre-planning can spare your friends and family from confusion, worry, some agonizing decisions, and legal entanglements. Do you know where your important papers and documents are located? If you do not, it is unlikely that your survivors will be able to find these papers.

Your immediate family or friends should be entrusted with the location of your personal documents. This matter is best done by preparing a list of your most important documents, and keeping them in one location. You should include these documents in your record:

- birth certificate
- social insurance number
- will
- insurance policies
- mortgages
- deeds
- tax bills
- leases
- debts
- bank accounts

Funeral Plans

When someone dear to you dies, it is important to find his/her instructions concerning funeral arrangements and bequeathing the body for medical research or organ donation.

Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself, and try to cut cost

by eliminating the items you consider to be least important. Cremation is one available alternative.

In situations where there is little or no money for funeral expense, assistance may be available through the Community Services office. If the deceased was a war veteran, Veterans Affairs Canada may also provide assistance. For members of religious organizations, you should call your clergyman first.

Last Post Fund — Veterans Funeral Services

The Last Post Fund is a non-profit national corporation with branches across Canada. Its purpose is to arrange and pay for the funeral and burial of qualified war veterans.

Applications for reimbursement of funeral and burial costs may also be submitted for consideration up to one year following the death of a war veteran.

For more information on how to qualify for these benefits, contact:

Last Post Fund, Nova Scotia Branch
Suite 108, 6080 Young Street
Halifax, NS B3K 5L2

Phone: (902) 455-5283

Fax: (902) 455-4058

Toll-free: 1-800-565-4777

E-mail: lpfnsb@attcanada.net

Website: www.lastpostfund.ca

Death Certificate

In most situations funeral directors look after the arrangements and have the death registration submitted to the Deputy Registrar General. If you require copies of the death certificate for any



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- Southern Maine
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- Niagara & Agawa Canyon

- A Taste of Autumn-Oktoberfest
- Canada Circle
- Cape Cod, Newport & Boston
- Magdalen Islands & Prince Edward Island
- St. Pierre & Miquelon
- Newfoundland & Labrador's Viking Trail
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purpose, they may be obtained for a fee of \$20.00 each from:
The Deputy Registrar General
Service Nova Scotia
and Municipal Relations
P.O.Box 157, Halifax, NS B3J 2M9
Phone: (902) 424-4381
(tape recorded message)
Toll-free: 1-877-848-2578

Death Benefits

Several pension plans include survivor benefits. All sources of income for the deceased should be checked to see what provisions are made for survivors. Because of the ways pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. Plans to consider are: Old Age Security; Canada Pension Plan Death Benefit, survivors pension, dependent childrens' pension; and any private pension plans, i.e. military pensions, company and/or other work related plans. If you need assistance with this, consult an accountant.

Community Contact for the Widowed

Community Contact for the Widowed offers social, educational, and one-to-one counselling programs for those who have been recently widowed. The association meets monthly (September to June) at Spencer House and coordinates a widow-to-widow and widower-to-widower support program. The group provides information, referrals, and emotional support as well as professional help, if requested. The association aims at developing a community awareness of the problems of bereavement.

For more information, contact:
Doris Bryson, Chairperson
1725 Garden Street
Halifax, NS B3H 3R5
Phone: (902) 422-6950

Palliative Care

Palliative care is the combination of active and compassionate therapies intended to comfort and support individuals and families who are living with or dying from progressive life threatening illness, or who are bereaved.

— CPCA 1997

Palliative care:

- affirms life and regards dying as a normal process
- neither hastens nor prolongs death
- provides relief from pain and other distressing symptoms
- integrates the physical, psychosocial and spiritual aspects of care
- offers a support system to help patients live as actively as possible until death
- offers a support system to help the family cope during the patient's illness and in their own bereavement.

— WHO 1990 (*World Health Organization*)

Nova Scotia Hospice/Palliative Care Association

The Nova Scotia Hospice/Palliative Care Association exists to promote the philosophy and principles of palliative care, to provide education for its members and the public, and to become the recognized voice for palliative care in the province. The Association has two principle goals – that:

- Optimum palliative care should be accessible to all Nova Scotians
- Health care professionals in NS should have the knowledge and skills to provide such care

Judy Simpson, President
 QE II Health Sciences Center
 Victoria General Hospital – 7A 103
 1278 Tower Road
 Halifax, NS B3H 2Y9
 Phone: (902) 473-3162
 Fax: (902) 473-6602

Nova Scotia Directory of Palliative Care and Support Services

A directory of Palliative Care and Support Services available in Nova Scotia has been compiled. The information contained in the directory, of particular interest to the patients and families coping with limited life expectancy, their loved ones and caregivers, was obtained during a survey and consultation study conducted by Jeannette Auger, Acadia University during 1991–1992.

For a copy of the directory, contact:
 The Senior Citizens' Secretariat
 4th Floor Dennis Building
 1740 Granville Street, P.O. Box 2065
 Halifax, NS B3J 2Z1
 Phone: (902) 424-0065
 Toll-free: 1-800-670-0065

Palliative Care Program

**Queen Elizabeth II
 Health Science Centre**

This service is available to patients and families coping with limited life expectancy. The emphasis of the program is on providing the greatest possible relief

of suffering and maintaining the highest possible quality of life. Referrals are accepted from acute and long-term care sections at QEII, from other area hospitals and from family physicians. The focus is on assisting with pain and symptom management and helping the patient to return home, if possible. Home support through the larger metropolitan area is available through collaboration with family physicians and community agencies. A ten bed in-patient care unit is available at the Victoria General Site to assist with difficult pain and symptoms management. Bereavement support is also available to families through phone calls, small support groups and memorial services.

For additional information, contact:
 Palliative Care Program
 Queen Elizabeth II
 Health Sciences Centre
 Victoria General
 1278 Tower Road, Halifax, NS B3H 2Y9
 Phone: (902) 496-3119; (902) 428-3418
 Fax: (902) 473-3103

Northwood Hospice Service

Northwood's Hospice Service has been in existence since 1984. Currently, two RNs with experience in pain and symptom assessment and management provide a

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consultation service for residents in care at Northwood, and in the apartments. They help to coordinate a multidisciplinary team of health professionals and hospice trained volunteers to provide a holistic approach to meeting the needs of residents. Through Northwood Homecare, the Hospice Volunteers can be accessed to assist Northwood Homecare staff in the care of palliative care clients at home. The Service utilizes Northwood's policy and procedures to assist residents, and their families in the preparation of advance directives in health care, and in making care decisions.

Phone: (902) 454-8311

Fax: (902) 455-6408

Elder Abuse

Adult Protection Legislation

The Act provides a means whereby all persons in Nova Scotia 16 years of age and over, who lack the physical and mental ability to adequately care and fend for themselves can be protected from abuse and neglect. Anyone who has information, even if it is confidential or privileged, regarding a person 16 years of age or older being abused or neglected and who is physically or mentally incapable must by law report that information to the appropriate authorities. No action shall be taken against a person who gives information unless the giving of the information is done maliciously or without reasonable and probable cause.

Suspected neglect or abuse must be reported to one of the following Community Care Division, Department of Health offices:

Adult Protection Services

Central Region

Halifax-424-6111

Halifax/West Hants

Intake Line (902) 424-7546

After hours (emergency only) Halifax
Message Centre (902) 454-3707

Cape Breton/ Antigonish/Guysborough
(902) 563-5659

After hours (emergency only) call your
local police department

Colchester/East Hants (902) 893-6277

Cumberland/Pictou (902) 928-3615

After hours (emergency only):

1-888-835-6114

Kings Co./Annapolis Co./Digby Co./
Yarmouth Co./ Shelburne Co./Queens
Co./Lunenburg Co.: 1-800-225-7225

After hours (emergency only):

1-877-463-2722

Community Resource Directory

This directory may be of assistance to individuals seeking information and services pertaining to elder abuse. To access *Battered and Betrayed*, an information book about elder abuse, contact:

Canadian Pensioners Concerned
Starlite Gallery, Suite 325,
Bayers Road Shopping Centre,
7071 Bayers Road, Halifax, NS B3L 2C2
Phone: (902) 455-7684
Fax: (902) 455-1825

Senior Support Network (Kings County)

The issue of abuse against seniors is a difficult one to address. The Senior

Support Network attempts to do so in several ways. We have resources and provide **education** sessions on abuse against seniors and get people talking about the issue. Prevention and intervention is facilitated when communities feel free to talk about it rather than ignore it. We offer **support** to older adults who have suffered various forms of violence. This might include people who are now experiencing or have experienced physical, emotional, social or financial abuse; perhaps someone who has been a victim of fraud or robbery. Often times, having someone to talk to without fear of being judged or blamed can help us cope with the effects of violence. We offer **peer counselling**. This may help in identifying alternatives and empower the individual to make decisions. We offer **advocacy** for individuals who may require assistance in accessing services in their community.

The **Senior Support Network** has trained volunteers in Kings County ready to offer older adults these support and advocacy services in any way they feel necessary. If the support or services is required by the individual exceeds the scope of this program, appropriate referrals will be made.

For more information or to make a referral, please contact the coordinator, Pam McKinley, at 1-800-494-6135 or Phone: (902) 690-2123

Employment

Human Resource Development Canada

Human Resource Centres provide information and service regarding the employment and unemployment

Nursing Homes

High-Crest Springhill

Springhill, N.S.
597-2797

Administrator -
Conrad LeBlanc

High-Crest Sherbrooke

Sherbrooke, N.S.
522-2147

Administrator -
Marion Carroll



High-Crest Place

Elite Residential Care Facility

New Glasgow, N.S.
755-9559

Administrator -
Jean Willison, R.N.

Seniors Residential Care Facilities

High-Crest Home

Antigonish, N.S.
863-3855

Administrator -
Mary Beaver

Sunset Haven Home

New Glasgow, N.S.
752-3461

Administrator -
Rosalie Parsons, R.N.

insurance programs and services available from Human Resource Development Canada at the following locations:

Amherst	(902)661-6612
Antigonish	(902)863-7016
Bedford	(902)426-1945
Bridgewater	(902)527-5538
Dartmouth	(902)426-1945
Digby	(902)245-4505
Glace Bay	(902)842-2455
Guysborough	(902)863-7016
Halifax	(902)426-1945
Inverness	(902)258-3990
Kentville	(902)679-5734
New Glasgow	(902)755-7821
North Sydney	(902)794-5877
Port Hawkesbury	(902)625-4113
Shelburne	(902)875-2452
Sydney	(902)564-7200
Truro	(902)893-0024
Windsor	(902)798-6509
Yarmouth	(902)742-0818
Toll-free (English)	1-800-206-7218
Toll-free (French)	1-800-808-6352

Seniors for Seniors/ Seniors for Business

Serving the needs of older adults and senior citizens, Seniors for Seniors provides several programs such as homemakers, hand-persons, home cleaners, and companions. Seniors for Business is a temporary help and permanent employment agency for office personnel 50 years of age and older.

For more information, contact:
Howard Court, President or Janet
Wilson, Supervisor Home Care

Seniors for Seniors/ Seniors for Business
7001 Mumford Road, Tower 2, Suite 3006
Halifax, NS B3L 4R3

Seniors for Seniors

Phone:(902) 454-3674 (Halifax Region)

Phone:(902) 897-7355 (Truro)

Toll-free: 1-800-719-6643

(New Glasgow and area)

Seniors for Business

Phone: (902) 454-6368

Fax: (902) 454-0616

Financial Programs

Federal Government

Retirement Income Programs

Human Resources Development

Canada Income Security Programs

Old Age Security Pension (OAS)

The OAS is the cornerstone of Canada's retirement income system. Together with the Canada Pension Plan, the OAS program plays a key role in giving Canadians a solid foundation upon which to build for retirement.

The Old Age Security pension is a monthly benefit available to anyone 65 years of age or over who meets the necessary Canadian residence and legal residence status requirements. The amount of the pension is determined by how long the applicant has lived in Canada. A minimum of 10 years residence in Canada after age 18 is required to qualify for a pension. The pension is payable outside of Canada to those people who have lived in Canada for at least 20 years. OAS benefits are indexed quarterly and are subject to income tax.

If an applicant has insufficient periods of residence in Canada to qualify for a

pension, he or she may still qualify for a pension if he or she has resided and/or made social security contributions in a country with which Canada has concluded a social security agreement.

The OAS program is financed from federal government general tax revenues.

- Guaranteed Income Supplement (GIS)
- The Spouse's Allowance (SPA)
- The Widowed Spouse's Allowance (WSA)

The **Guaranteed Income Supplement (GIS)** is a non-taxable, monthly benefit for Old Age Pensioners with limited income. It is based on income and marital status.

The **Spouse's Allowance (SPA)** is a non-taxable, monthly benefit payable to 60-64 year old spouse of a pensioner receiving the GIS. It is based on combined income of the couple and the spouse must meet residency requirements.

The **Widowed Spouse's Allowance (WSA)** is available to clients who are 60-64, have limited income, and meet residency requirements.

You have to apply for GIS, SPA or WSA for the first time. To keep receiving the GIS, SPA or WSA, you must update your income information with us every year. Most seniors who file an income tax return by April 30 can renew their GIC, SPA or WSA automatically. They do not have to send us a separate form. However, a small number of seniors will be sent a renewal form to fill out. We will only send you the renewal form if you have not filed your tax returns by April 30 or if you need more information to renew your benefit. If you do get a renewal form in the mail, please fill it out and send it back to us as soon as possible.

If a pensioner or spouse retires or has a loss of pension income, an income estimate for the current calendar year may be substituted for the income of the preceding calendar year.

The GIS, SPA or WSA are paid outside Canada for only six months plus the month of departure, regardless of how long the person has lived in Canada.

Canada Pension Plan (CPP)

The CPP is a contributory, earnings-related social insurance program.

The Canada Pension Plan which began in 1966, provides basic benefits when a contributor to the plan retires or becomes disabled, and at the contributor's death, the Plan provides survivor benefits to the surviving spouse and dependent children. The amount of the benefit depends on the amount of earnings and contributions to the Plan. All CPP benefits are paid out of the CPP fund and are subject to income tax.

The Retirement Pension is a monthly benefit payable to eligible contributors who are 60 years of age or older and have substantially or completely stopped working. At 65 years of age it is not necessary to cease work to receive the Retirement Pension.

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- Federal Government
- Canadian Forces
- Royal Canadian Mounted Police



For Local Branch Information Contact:

Ken Brown, Regional Director, Nova Scotia

Box 223, Cornwallis, N.S. B0S 1H0

Tel: (902) 638-8783

email: admin@halc.ns.ca

fax: (902) 638-3285

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The Disability Pension is a monthly benefit payable to eligible contributors who are disabled according to the terms of CPP legislation and who are under the age of 65.

The Disability Pension includes benefits for dependent children of disabled contributors.

The Surviving Spouse's Benefit is a monthly pension paid to the spouse of a deceased contributor if the contributor made sufficient contributions to the plan. The amount of the pension is determined by the amount of contributions to the plan and the age of the surviving spouse at the time of death and whether there are dependent children.

Death Benefit is a lump-sum benefit paid to the estate of the deceased contributor, if contributions were made to the Plan for a minimum qualifying period.

Children's Benefit is paid on behalf of the dependent children of a deceased contributor if the contributions have been made for a minimum qualifying period. This is a flat-rate benefit.

If you have any questions (or would like to make an appointment) about the Old Age Security or Canada Pension Plan, please call Human Resources Development Canada Toll-free at:

1-800-277-9914 Toll-Free (English)

1-800-277-9915 Toll-Free (French)

TTY: 1-800-255-4786 Toll-Free
(Hearing and Speech Impaired)

Revenue Canada

Income Tax

Human Resources Development Canada Human Resource Centres provide information and service regarding the employment and unemployment insurance programs and services available from Human Resource Development Canada at the following locations:

Amherst	(902)661-6612
Antigonish	(902)863-7016
Bedford	(902)426-1945
Bridgewater	(902)527-5538
Dartmouth	(902)426-1945
Digby	(902)245-4505
Glace Bay	(902)842-2455
Guysborough	(902)863-7016
Halifax	(902)426-1945
Inverness	(902)258-3990
Kentville	(902)679-5734
New Glasgow	(902)755-7821
North Sydney	(902)794-5877
Port Hawkesbury	(902)625-4113
Shelburne	(902)875-2452
Sydney	(902)564-7200
Truro	(902)893-0024
Windsor	(902)798-6509
Yarmouth	(902)742-0818
Toll-free (English)	1-800-206-7218
Toll-free (French)	1-800-808-6352

Revenue Canada offers Income Tax Clinics. These clinics are offered free of charge by trained volunteers at various locations throughout the province. These clinics begin at the end of March and run to the end of April.



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Fax: (902) 468-1770
e-mail: smt@ns.sympatico.ca
739 Windmill Rd., Dartmouth, N.S.

**Need Information
about
Old Age Security
or
the Canada Pension Plan?**

Call Human Resources Development Canada (HRDC) toll-free at:
1-800-277-9914.

Persons with hearing/speech impairments using TDD/TTY devices call:
1-800-255-4786

Our telephone service offers you a convenient way of obtaining information 24 hours a day, 7 days a week, about Old Age Security, the Guaranteed Income Supplement and the Canada Pension Plan.

Remember to have your social insurance number handy every time you call.

If you are using a rotary dial telephone, you must call during regular business hours.

**Vous avez besoin de
renseignements sur le
Programme de la sécurité de
vieillesse ou le Régime de
pensions du Canada?**

Vous n'avez qu'à appeler Développement des ressources humaines Canada (DRHC) sans frais au : **1-800-277-9915**

Les personnes ayant un trouble auditif ou de la parole et qui utilisent un ATME doivent composer le : **1-800-255-4786**

Grâce à notre service téléphonique, vous pouvez obtenir des renseignements, 24 heures sur 24, 7 jours par semaine, sur le Programme de sécurité de la vieillesse, le Programme du supplément de revenu garanti et le Régime de pensions du Canada.

Assurez-vous d'avoir votre numéro d'assurance sociale à la portée de la main quand vous composez le numéro et si vous utilisez un téléphone à cadran, vous devez communiquer avec nous pendant les heures normales de travail.



Human Resources Development Canada
Développement des ressources humaines Canada



Canada

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For information concerning these tax clinics or for general inquiries:

Phone: 1-800-959-8281(Toll-Free)

Do you have questions about your taxes and it's after 5:00 pm? Our phone lines are open evenings till 9:00 pm Monday -Thursday...first of March to the end of April. Have your questions ready and your tax papers handy when you call...after 5:00 pm:

Toll-free: 1-800-565-1787

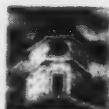
Goods and Services Tax (GST)

Phone: (902) 451-1223

Toll-free: 1-800-667-1323

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Fax: (902) 494-1219

WWW: www.dal.ca/confserv

Email: conference.services@dal.ca



Customs Information Line

If you are travelling outside of Canada and/or you wish some customs information, you can call:

Phone: (902) 426-2911

Toll-free: 1-800-461-9999

Toll-free TDD: 1-800-267-0825

Veterans' Affairs Canada

Benefits from Veterans' Affairs Canada are available to war veterans, former members of the peacetime armed forces, certain civilian groups and the Merchant Marine. These benefits include disability pensions, as well as coverage of hospital and medical expenses and assistance for eye glasses, dental care, etc.

The Department also administers the Veterans' Independence Program for aging veterans who want to remain in their homes. This program offers a variety of home care and maintenance assistance, plus home nursing visitation, provision of special hospital equipment and wheelchairs, help for home makers, meals on wheels, etc.

Cape Breton, Antigonish Co.,
and Guysborough Co.

Veterans Affairs Canada

308 George Street

Sydney, NS B1P 1J8

Phone: (902) 564-7028

Toll-free: 1-800-565-7028

All other places in Nova Scotia

Veterans' Affairs Canada

P.O. Box 8063, 6080 Young Street,

10th Floor,

Halifax NS B3K 5L8

Phone: (902) 426-7931

Fax: (902) 426-2349

Toll-free: 1-800-565-0197

Provincial Government Financial Programs

Workers' Compensation Board of Nova Scotia

The Worker's Compensation Act of Nova Scotia is designed to protect both injured workers and employers by providing financial assistance, medical aid, re-employment, vocational rehabilitation and protection from litigation. Financial assistance may include payment of temporary earnings-loss benefits (payable at the rate of 75% of net pre-accident earnings up to 26 weeks and 85% thereafter), extended earnings-loss benefits (when a permanent impairment has been determined and there is an earnings-loss), permanent impairments benefits (for loss of enjoyment of life caused by a permanent injury), and an annuity (which replaces the extended earnings-loss benefits which are discontinued at age 65). As well, if a worker dies as a result of a workplace accident, the Act allows for survivor benefits and dependent child benefits.

For more information, please contact:
Main Office, Halifax
5668 South Street, P.O. Box 1150
Halifax, NS B3J 2Y2
Phone: (902) 491-8999
Fax: (902) 491-8002
Toll-free: 1-800-870-3331

Branch Office, Sydney
336 Kings Road, Suite 117
Sydney, NS B1S 1A9
Phone: (902) 563-2444
Fax: (902) 563-0512
Toll-free: 1-800-880-0003

Property Tax Rebate

The Property Tax Rebate Program is designed to help seniors remain in their own homes. It provides a rebate of municipal taxes paid for the previous year, in this case 2000, to a senior citizen.

You are eligible if you meet the following criteria:

- are in receipt of the Guaranteed Income Supplement to the Old Age Security in January of each year
- continue to live in your own home at the time of the application
- have paid all your 2000 property taxes in full

If you are new to the program you will receive a flat rate rebate of \$85 regardless of the amount of property tax paid. That amount will increase in 2001 and 2002.

In 2003, the program will provide each qualifying recipient with a rebate of 50% of the property taxes paid to a maximum of \$400.

Seniors who were in the program last year need not apply. They will receive an application form in the mail.

To find out if you are eligible for this rebate please call toll-free at 1-877-296-9338. We will send you an application form.

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Ann Marie Duff, SRES
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Email: bconnell@prudential.ns.ca



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Applications must be returned before December 31st of each year.

Rental Assistance

This program assists seniors (singles and couples) who rent in the private market and are in receipt of the Guaranteed Income Supplement or Spouses Allowance to those who are single, 65 and over, whose income does not exceed \$17,475 annually. Effective April 1, 1995, **Only** those seniors in receipt of Rental Assistance as of March 31, 1995 are eligible to receive the rental assistance in future months. **No New Applications will be accepted after March 31, 1995.**

Special Social Assistance

The Special Social Assistance Program, revamped in December 1991, provides financial assistance monthly to needy seniors. To qualify a senior must be receiving the Guaranteed Income Supplement and Old Age Security and meet the requirements set down in a needs test which considers both income and assets.

Seniors expenses such as food, clothing, shelter and transportation will be compared with the revenue coming into the home and the difference will be paid as Special Social Assistance.

For information on these programs, contact:

Manager, Senior Citizens' Financial Aid Programs, 5675 Spring Garden Road
Nelson Place, Halifax, NS B3J 1H1
Phone: (902) 424-4500
Toll-free: 1-877-296-9338

Income Assistance Programs

Municipal Social Assistance*

*Please note that this program is administered by the Nova Scotia Department of Community Services.

Social Assistance Supplementation for seniors is related primarily to such needs as housing and transportation. Social Assistance may be paid to supplement federal benefits where individual need is such that the federal benefits are not sufficient.

Community Service Workers

Field Offices

Eastern Region

Eastern Regional Office .(902) 563-3302
Sydney District Office . .(902) 563-3300
Glace Bay(902) 842-4000
North Sydney(902) 794-5110
Baddeck Sub Office(902) 295-3233
Ingonish Office.(902) 285-2652

Port Hawkesbury District

Office(902) 625-0660
Inverness Sub Office(902) 787-2274
St. Peter's Sub Office(902) 535-3000

Northern Region

Northern Regional Office .(902) 755-7023
Pictou Senior District Office
(New Glasgow)(902) 755-5950
Colchester District Office
(Truro)(902) 893-5950

Cumberland District Office
(Amherst)(902) 667-3336
Guysborough District
Office(902) 533-4007
Antigonish District Office .(902) 863-3213

Western Region

Western Regional Office ..(902) 678-6157
Kings District.(902) 678-6176
Kings District Office(902) 690-6157
Hants District Office(902) 798-8319
Annapolis District Office .(902) 532-2358
Digby District Office.(902) 245-7110
Shelburne District Office .(902) 637-2335
Yarmouth District Office .(902) 742-0720
Queens District Office ... (902) 354-2771
Lunenburg District Office (902) 543-5527

Central Region

Central Regional Office ..(902) 424-5074
Cole Harbour District
Office(902) 435-7872
Dartmouth District Office .(902) 424-3298

Alderney Gate Office

(Dartmouth)(902) 424-1600
Halifax District Office ... (902) 424-4150
Lakeside Office(902) 876-0580
Sackville District Office ..(902) 869-3600
Sheet Harbour Office ... (902) 885-2974

Insurance: A Seniors Perspective

Introduction

Insurance touches the lives of virtually everyone. Insurance is used as an investment to provide funds for some future purpose, to provide income during a period of disability and to provide for health care costs.

Insurance is also used to provide protection against an event that could result in a major financial loss such as the destruction of a home or serious automobile accident.

Despite the fact that most adults have one or more insurance policies it is probably true to say that generally the policies are not well understood. Policies are contractual documents that set out the risks that are covered and so they are mostly written in language that is well understood by the courts but is difficult for untrained people to read and understand.

Because of the importance of insurance in our lives it should not be purchased without consultation with a qualified insurance agent who is able to assess the needs of a prospective purchaser and how these needs can be best addressed.



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Life Insurance

Life Insurance is most frequently purchased when the intention is to provide for the education of children or to provide financial security for a family in the event of the death of the breadwinner of the family, or to provide for burial and other final expenses such as income tax.

The major obstacle to purchasing life insurance is the existence of medical problems. In many cases seniors will have health conditions that would result in denial of application for life insurance. Some companies, however, will issue policies with a moderate amount of life insurance, say \$25,000, to anyone regardless of health conditions.

Life insurance is also available to fund a pre-arranged funeral through most funeral homes.

Home Insurance

Seniors who are home owners, condominium owners or who live in rented premises should have their property insured. Insurance packages can be purchased from independent insurance brokers throughout the Province.

When purchasing home insurance it can pay to shop around. Purchasers should obtain quotations from a number of brokers.

Some companies will reduce premiums for seniors, for membership in a professional or alumni association, or where an auto policy is also purchased from the same company.

Premiums can also be lowered by choosing higher deductibles for claims.

When a home insurance policy is in place the homeowner should be sure

to advise the broker if any material changes take place.

Automobile Insurance

Certain automobile insurance coverages are compulsory in Nova Scotia as they are in all Canadian jurisdictions. These compulsory coverages include Section A, B and D of the standard auto policy. Section A covers any liability for damages that falls to the owner of a vehicle that is at fault or partially at fault in an accident. Section B provides certain accident benefits, which are set out in the policy, to the driver and passengers in the vehicle regardless of who is at fault for the accident.

Section D provides coverage for damages caused by an uninsured auto.

Section C of the auto policy covers damage to the insured vehicle such as collision and comprehensive. These coverages will provide compensation for damage to your own vehicle if you are at fault or partially at fault in an accident.

Conclusion

It should be understood that the information set out in this article is very general in nature and does not in any way fully explain the complexities of any type of insurance. Anyone who wishes more information or who is experiencing difficulty either in purchasing insurance or in dealing with a claim should contact the Office of the Superintendent of Insurance at the following address and telephone number:

Office of the Superintendent
of Insurance
Service Nova Scotia
and Municipal Relations

9 South, Maritime Centre
1505 Barrington Street
P.O. Box 2271
Halifax, NS B3J 3C8
Phone: (902) 424-6331

Information and assistance is also available from the insurance industry by contacting the Insurance Bureau of Canada respecting home or auto insurances at (902) 429-2730 or 1-800-565-7189, and the Canadian Life and Health Insurance Association respecting life and health insurance at 1-800-268-8099.

Health

Single Entry Access

is being developed and demonstrated in District's 7 and 8. The evaluation of the demonstration sites will influence the province-wide implementation. Check out <http://www.gov.ns.ca/health/sea/dl> for updates and information.

Seniors' Pharmacare Program

Pharmacare is a provincial drug insurance program to help seniors manage their prescription drugs cost. Program participation is optional. Pharmacare is offered to Nova Scotian residents who are 65 years of age and older and who do not already have prescription drug coverage through a private insurance plan, Veterans Affairs Canada, or Indian and Inuit Health Services. The senior must also be registered under the Medical Services' Insurance (M.S.I) program.

Seniors who are eligible, can join Pharmacare from the first day of the month of their 65 birthday. New senior

residents are eligible for Pharmacare on the same day they become eligible for Nova Scotia M.S.I.

How do I pay?

Seniors who join Pharmacare pay an annual premium and with each prescription filled a co-payment to the pharmacy. Seniors who receive Guaranteed Income Supplement (GIS) are automatically enrolled in Pharmacare. They are not required to pay the premium. Seniors who do not receive the GIS may be eligible for a reduced premium if their annual income falls under certain limits. Premiums can be paid in one lump-sum, quarterly or monthly payments. Contact the Pharmacare office for further details.

Note: Seniors who have private insurance can reapply to Pharmacare if their drug costs under their private plan are more than the maximum cost they would have paid with Pharmacare.

What does Pharmacare cover?

Pharmacare covers approximately 3,500 medications which have been approved for coverage by the Nova Scotia Department of Health. In order to be covered by Pharmacare, medications must be prescribed by a physician, dentist, authorized optometrist or nurse practitioner, and dispensed by a pharmacist. The list of medications covered can change as new medications become available.

In general terms, the list of benefits under the Pharmacare Program includes:

- Medications which, by law, require a prescription and which have been approved for coverage under the program.

- A small number of over-the-counter medications which have been approved for coverage under this program.
- Ostomy supplies that have been approved for coverage under this program.
- Diabetic supplies, testing materials, needles and syringes that have been approved for coverage under the program.

What if I Travel?

If seniors intend to be away from Nova Scotia for more than 100 days and require medications for the whole time, they may obtain the full quantity up to 180 days at the discretion of their pharmacist or physician.

Pharmacare does not insure any prescription dispensed outside of Nova Scotia.

It is very important for all seniors to obtain additional health care insurance when travelling outside of Nova Scotia. If seniors choose not to join Pharmacare, they should check with their private insurer to make sure that the coverage they had before they turned 65 will continue to meet their drug insurance needs during their senior years.

For more information, contact:

Phone: (902) 429-6565

Fax: (902) 468-9402

Toll-free: 1-800-544-6191

Public Health Services

Public Health Services provides a broad range of activities to all residents of Nova Scotia. Core public health services available in each region include: Communicable Disease Prevention and Control; Non-communicable Disease and

Injury Prevention; and Public Health Enhancement.

Each health region provides a multi-disciplinary team approach in providing services to seniors. All Public Health services are free of charge. For more information about public health services in your area contact one of the following main public health service offices or check the Blue Pages of your phone book under Health (NS) for the Public Health Services office nearest you.

Central Health Region,
Public Health Service,

Dartmouth (902) 424-8100

Eastern Health Region Public Health

Service, Sydney (902) 563-2400

Northern Health Region Public Health

Service, Truro (902) 893-5820

Western Health Region

Public Health Service,

Wolfville (902) 542-6310

Provincial Health Card

It is important that you renew your Health Card to ensure your file is up-to-date with accurate information. Renewal notices are mailed three months prior to the expiry date which is embossed on the front of your card (that is why it is very important to contact the MSI office each time your address changes to ensure you will receive your renewal). If you are using an expired Health Card you may be asked to pay for the service rendered.

Your Health Card must be presented each time you visit your physician or use a provincial health program. If leaving the province for an extended absence, please contact the MSI office to ensure your continuous medical coverage.

If you have any questions or would like more information contact the MSI office at (902) 496-7008 or toll-free outside the Halifax/Dartmouth area at 1-800-563-8880.

Drug Dependency Program

Drug Dependency Program provides prevention, treatment and rehabilitation services for alcohol, drug and gambling problems. For more information please contact one of the following:

Eastern Drug Dependency Program
Sydney(902) 563-2050

Central Drug Dependency Program
Halifax(902) 424-5623
.....Fax: (902) 424-0627

Northern Drug Dependency Program
Pictou(902) 485-4335

Western Drug Dependency Program
Yarmouth(902) 742-2406
Lunenburg(902) 634-8801
Kentville(902) 678-7381 ext.1560

Nova Scotia Hearing and Speech Clinic

The Clinic is an independent, non-profit agency funded primarily by the Nova Scotia Department of Health.

For information on the services provided by the Nova Scotia Hearing and Speech Clinic, contact:

Nova Scotia Hearing and Speech Clinic
Administration

5657 Spring Garden Road

Suite # 401, Box 120

Halifax, NS B3J 3R4

Phone: (902)423-7357

Fax: (902)423-0532

Clinic locations throughout the province:

Amherst..... (902) 667-3361 ext.220

Antigonish..... (902) 867-4197

Bridgewater (902) 543-4603 ext.248

Digby..... (902) 245-2501 ext.265

Evanston (902) 625-3100 ext.257

Glace Bay (902) 842-2865

Halifax Community

Clinic..... (902) 423-7354

Kentville (902) 678-7381 ext.1400

Liverpool (902) 354-3436

Lower Sackville . (902) 865-5750 ext.185

Lunenburg (902) 634-8801

Middleton (902) 825-3413 ext.3411

Musquodoboit Hbr. (902) 889-4117

New Glasgow.. (902) 752-7600 ext.2520

Pictou (902) 485-4324 ext.125

Strait-Richmond..... (902) 625-3100

Sheet Harbour (902) 885-3628

Shelburne(902) 875-3011 ext.270

Springhill (902) 597-3773

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CCANS

Continuing Care Association of Nova Scotia

CONTINUING CARE ASSOCIATION OF NOVA SCOTIA

119-2786 Agricola Street

Halifax, Nova Scotia

Phone: 902-453-2977

Facsimile: 902-453-2967

E-mail: ccans@ns.sympatico.ca

Web: www.ccans.ns.ca

The Continuing Care Association of Nova Scotia is a provincial not-for-profit organization. It represents service organizations-providers that work to address the needs of those in our society who need help and support with daily living.

Our Mission Statement is "to provide leadership and direction in the field of Continuing Care for all Nova Scotians through education, by advocating on their behalf and by supporting caregivers."

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Sydney (902) 567-7781
 Sydney Mines (902) 736-2831
 Truro (902) 893-5512
 Waterville (902) 538-3103 ext.156
 Windsor (902) 792-2084 ext.231
 Wolfville (902) 542-3866
 Yarmouth (902) 742-3541 ext.364

QEII Health Sciences Centre Centre for Health Care of the Elderly

The Centre for Health Care for the Elderly provides health care services for the older adult. Some of the specific programs are: the geriatric assessment unit; the geriatric restorative (rehabilitation) unit; the geriatric day hospital; and speciality outpatient clinics, such as the memory disability clinic. The Centre also provides clinics outside HRM. The Centre for Health Care of the Elderly is

the principal clinical site of the Division of Geriatric Medicine, Dalhousie University.

Referral must be made by a physician. Veterans of Canada's armed conflicts may be eligible for long-term care at Camp Hill, with eligibility being determined by Veteran Affairs Canada.

For information please contact:
 The Centre for Health Care
 of the Elderly

Camp Hill Veterans Memorial Building
 Halifax, NS B3H 2E1

Phone: (902) 473-8603

Fax: (902) 473-4867

Blue Cross

The Blue Cross Select Plan provides coverage for many health benefits not covered by your provincial health care program, including semi-private hospital room coverage, ambulance benefits, vision care, private duty nursing, physiotherapy, chiropractor and VON benefits. Dental coverage is also available under the Select Plan as well as Prescription Drug coverage depending on whether coverage is being offered by your Seniors' Pharmacare program (Senior Drug Program). Blue Cross also offers travel and life insurance plans. For more information on the above mentioned plans call Wayne Pottie, agent for Blue Cross at: 457-7191 or 1-902-558-8028. Call Blue Cross Atlantic Canada at 1-888-857-2583.

Foot Care

Comprehensive treatment of foot disorders is provided by chiropodists/podiatrists and a referral from a physician is not necessary.



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The Dalhousie Medical Research Foundation
 Sir Charles Tupper Medical Building
 Halifax, Nova Scotia B3H 4H7

(902) 494-3502 toll free 1-888-866-6559
www.dmrff.org

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Chiroprody/Podiatry services are not covered by MSI but most private and employer health plans, and some government agencies, will partly or totally cover the cost. For treatment please contact your physician and ask for a referral or ensure the chiroprodist or podiatrist is a certified member of a recognized association, such as the Maritime Association of Certified Chiroprodists-Podiatrists.

Nova Scotia Breast Screening Program

The Nova Scotia Breast Screening Program has been developed to assist in the early detection of breast cancer. The program will offer women information on breast health mammography (breast X-ray). The metro area clinic is located at the Halifax Shopping Centre. A mobile van does breast screening for the Eastern Health Region, administered by the Cape Breton Hospital. A new mobile is now providing the service in the Western Region, which is administered by the Yarmouth Regional Hospital. The service is available to all women who have a current Nova Scotia Health Card, and are between the ages of 50-69, with no breast problems.

For more information contact:
NS Breast Screening Program
Halifax Shopping Centre, Tower 1
Suite 103, 7001 Mumford Road
Halifax, NS B3L 4N9
Phone: (902) 473-3960
Fax: (902) 473-3959
Toll-free: 1-800-565-0548

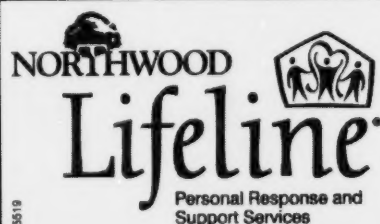
Point Pleasant Lodge

Point Pleasant Lodge, a not-for-profit facility, provides 104 guest rooms for people directly or indirectly associated with medical attention in the Halifax area. This includes people who may be visiting patients in hospital, appointments with doctors, dentists, ophthalmologists, etc. Reservations are recommended.

Guest room rental includes private bath, television and telephones. There are no charges for local telephone calls.

The Lodge also provides an in-house cafeteria style dining room. Those requiring special diets can be accommodated by our dietary staff.

Point Pleasant Lodge has limited free parking facilities, full elevator service for eight floors, full fire protection services, smoking and non-smoking rooms, pleasant landscaped surroundings, a reading lounge, laundry facilities



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492-3346

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A not-for-profit service of
Northwood Homecare Ltd.



With Lifeline, the touch of a button connects you with a caring Lifeline operator who will get you the help you need, when you need it.

and an in-house convenience store. The Lodge also offers specially equipped rooms for physically challenged individuals.

The Lodge is located in a very desirable section of Halifax City and within walking distance of the Queen Elizabeth II Health Sciences Centre and the IWK Grace Health Centre.

Room Rates: Single Occupancy is \$35.00, and Double Occupancy is \$50.00.

Enquiries are invited for family occupancy.

For more information contact:
Point Pleasant Lodge
1121 South Park Street
Halifax, Nova Scotia B3H 2W6.

Phone: (902) 421-1599

For reservations only: (902) 429-7780

Fax: (902) 429-9722

E-mail:

guestservices@pointpleasantlodge.com

Website: www.pointpleasantlodge.com

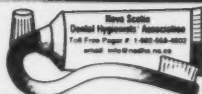
The Lodge That Gives

The Lodge That Gives is a 34-bed facility where people living with cancer can stay when they come to Halifax for tests or treatment. But it's more than just a building...it's a home away from home.

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The Lodge is open seven days a week, except for holidays, run by volunteers and the Canadian Cancer Society staff. The Lodge is designed for persons who can care for themselves, including those using wheelchairs. There are no nursing or medical services provided. Patients who live in Nova Scotia do not have to pay to stay, or for meals, at the lodge. The Lodge also accommodates relatives of hospitalized cancer patients but, they must pay for their room and meal charges.

For more information, contact:

Phone: (902) 420-1849

Fax: (902) 429-6563

Mental Health

Seniors Mental Health Service, Nova Scotia Hospital

The Seniors Mental Health Service is specifically designed to meet the mental health needs of seniors. A range of services are available including health promotion, education, home visitation (outreach), day hospital and in-patient programs. Health care professionals experienced in the field of seniors mental health provide treatment and information to clients, and support and information to family members.

Emphasis is placed on providing services in the home setting or the community. A person's mental health is as important as their physical health and the seniors service encourages seniors to access help when it is required.

For more information, contact:

Phone: (902) 464-3111

Seniors' Mental Health – Kings and Annapolis County

The Seniors' Mental Health Service is available to residents of Kings and Annapolis Counties. A full-time nurse coordinates the service along with a part-time psychologist and geriatric psychiatrist. Assessments and visits at home are provided along with support groups for families of individuals with Alzheimer Disease and other dementias. Regular consultation with all nursing homes in the counties is also provided. Team members are anxious to hear from consumers and families with their ideas on how to further develop the service. For more information, contact:
Margo MacDougall
Kings County: (902) 678-7381 ext. 2865

Heather Hill
Annapolis County: (902) 825-4825

District Offices

New Glasgow(902) 755-1137
Halifax QEII (902) 473-2492
Sydney(902) 567-7730
Truro(902) 893-5526
Windsor(902) 798-8351
Amherst(902) 667-3879
Inverness(902) 258-1911
Waterville(902) 538-3103
Dartmouth(902) 464-3287
Antigonish(902) 863-4511
Bridgewater(902) 527-5228
Kentville(902) 679-2657
.....(902) 679-2870
Yarmouth(902) 742-4222
Digby(902) 245-4709
Shelburne(902) 875-4200
Middleton(902) 825-4825



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For more information, please call

Halifax
429-2222

Dartmouth
434-9415

Bedford
835-6222

30102467

Home Care and Support Services

Department of Health

Home Care Nova Scotia

Home Care Nova Scotia provides a variety of quality services to individuals at home, enabling them to receive care and assistance among family and friends. Services fall under the categories of Chronic Home Care and Acute Home Care.

Home Care is available to all residents of Nova Scotia who need its services and who have a Nova Scotia Health Card. Those eligible for the program may have an illness or disability which can be cared for at home safely and effectively.

People may refer themselves or may be referred by others, such as family members, friends, physicians or neighbors. Following a referral, a care coordinator works with the individual, their family and health professionals, to assess his or her needs and develop an appropriate plan of care. Requests for assessments are made through the toll free number 1-800-225-7225.

There are currently two categories of Home Care:

Chronic Home Care provides services to individuals who are chronically ill, disabled or facing the infirmities of old age and who require support and assistance to remain living in their own homes and communities.

Acute Home Care provides services to individuals with acute illnesses requiring short term care and can delay or prevent

hospital admission or shorten the length of a hospital stay.

A range of services are provided to meet Nova Scotian's health needs at any time of the day or night throughout the week. These include:

- Personal care (e.g. bathing, dressing and eating)
- Home support (e.g. light housekeeping, laundry and meal preparation)
- Nursing (e.g. administering medications, dressing changes and general nursing care)
- Home oxygen concentrator services
- Family relief/ respite services in the home

Home care services are provided by a network of health care professionals including home support workers, nurses and physicians. Service providers are required to comply with set standards of training and practice.

Cost to the Consumer

Home Care Nova Scotia is funded by Nova Scotia Department of Health. There is no cost to individuals benefiting from Acute Home Care. People receiving Chronic Home Care may pay a portion of home support, personal care and home oxygen fees, depending on their income. There is no charge for nursing care services and medical supplies used during visits.

Home Care Nova Scotia promotes independence and individual / family involvement in care. When services are provided safely, effectively and efficiently at home. Home Care services may help to improve an individual's ability to function and may delay or prevent

admission to hospitals, nursing homes and homes for the aged.

To Apply for Home Care Nova Scotia, contact:

Intake Number Toll-free:
1-800-225-7225

Other Home Care Services In Nova Scotia

Veterans' Independence Program

Veterans' Affairs Canada administers the Veterans' Independence Program as part of their benefits available to War Veterans. This program offers a variety of home care and home maintenance assistance. For information contact:

Cape Breton, Antigonish Co.,
and Guysborough Co.:
Phone: (902) 564-7028
Toll-free: 1-800-565-7028

All other places in Nova Scotia:
Phone: (902) 426-7931
Toll-free: 1-800-565-0197

Home Support Service

The Red Cross Society's Home Support Service provides capable, trained home-makers, and home support workers to assist persons in time of need due to illness, convalescence or disability. It operates in the metro area as one of the designated home support providers under the provincial Home Care Program. Red Cross also provides service on a fee basis to individuals who are not eligible for government subsidy.

For further information, contact:
Red Cross Home Support Service
1940 Gottingen Street
Halifax, NS B3J 3Y2
Phone: (902) 496-0103
Fax: (902) 492-0544

Victorian Order of Nurses

The Victorian Order of Nurses is a non-profit, charitable community health organization which provides professional nursing service to individuals and their families in their home or in the community setting. The VON has established other services such as senior citizens' health maintenance programs, foot care and health assessment clinics, occupational health programs, a friendly visiting service, and adult day centres.

The visiting nursing service is available to all ages, seven days a week. It includes



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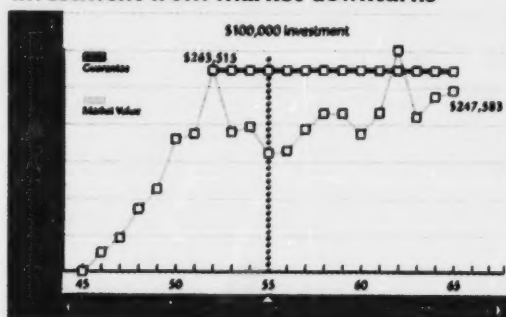
Seg funds are the ideal choice for investors who want both capital growth and guarantees to ride the ups and downs of the marketplace.

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Seg funds offer investors a safe way to participate in world financial markets and preserve their capital. How?

- With maturity guarantees that ensure that on their chosen date, they receive 100% of their invested capital or market value (whatever's higher), protecting their investment from market downturns.

The capital guarantee protects your investment from market downturns



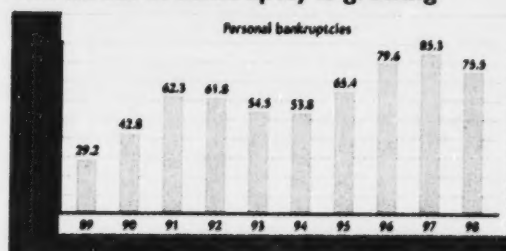
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With the threat of bankruptcy growing, seg funds offer creditor protection opportunities* (which can prevent creditors from seizing registered and non-registered investments). Who can benefit from this protection?

- Business owners • Professionals • Company officers

* We strongly recommend that you consult your lawyer on the subject of creditor protection in cases of bankruptcy.

The threat of bankruptcy is growing



Source: Industry Canada — Office of the Superintendent of Bankruptcy

For the next generation

Most seg funds come with death benefits that ensure beneficiaries will receive up to 100% of the original investment or its market value (whatever's higher) without any lengthy delays or costly legal fees.

45 and under	100%
46-55	100%
56-65	100%
66-75	100%
76	100%
77	90%
78	90%
79	80%
80 and over	80%

The Investors

Aggressive investors are looking to maximize the long-term growth of their investments. This type of investor understands the ups and downs of the stock market and is comfortable taking above-average risk in order to receive a potentially higher rate of return. These investors generally have a long-term investment horizon. The high equity exposure (80–90%) in the Elliott & Page Diversification *Plus* Aggressive Portfolios matches their risk tolerance and long-term investment objective.

Balanced investors are looking for a balance between their money's

growth and its security, although they are willing to accept some risk for the potential of higher returns over time. The asset allocation of the Diversification *Plus* Balanced Portfolios approximates the traditional 60% stocks/40% bonds benchmark for the average investor.

Conservative investors are looking to preserve capital as their primary concern. They may be approaching retirement, or simply prefer to keep a tight rein on their investments. These clients will find the high fixed-income and cash components of the Diversification *Plus* Conservative Portfolios provide for stable returns and low risk.



L & L FINANCIAL GROUP INC.



Jerry Langille
Personal Financial

7071 Bayers Road, Suite 300, Halifax, Nova Scotia B3L 2C2
Phone: 902-454-9072 FAX: 902-453-6015 Toll Free: 1-877-499-8110
Email: LLfinancialgroup@jwlangillefinconsult.com
Website: www.jwlangillefinconsult.com

L&L Financial Group Inc. encompasses every aspect of financial services including life, disability, health & travel insurance, banking and trust services, annuities, segregated and mutual funds. As well as full brokerage services to ensure the best possible product for our clients.

Jerry Langille, President of L&L Financial Group Inc. prides himself on the individualized care and attention he gives each person he works with. He is committed to reducing his clients' tax burden and ensuring he keeps abreast of new developments, and unprecedented service to all of his clients.

There may not be that many people out there really looking out for your interests, but because of our extensive experience working with people like you our approach is tailored to your needs. Because we're not tied to any one financial institution we can shop around and make sure you get the best deal possible.

In your personal life or as a business owner, you have faced and will continue to face many challenges. But you *don't have to do it alone.*

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we can

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For help with insurance, estate planning, and protection needs. Benefits include life insurance, disability income benefit, disability annuity payout, health care advance, accidental fracture benefit, accumulated fund value payout, Imperial assistance plan, and cost recovery option.

Year	Limits
1996 to 2003	\$13,500 per year
2004	\$14,500
2005	\$15,500
2006 and after	Indexed to average wage

Research shows — people who consult with investment professionals experience better returns than people who go it alone. We can help clarify your financial goals and make sure you are always on top of changing trends. We can give you professional, qualified advice during volatile times and see you through any bumps in the road.

••• help with up-to-date RRSP information

How much can I contribute? The maximum is currently either 18% of last year's earned income or \$13,500, whichever is less.

••• assist with your spousal RRSP

These can be used to reduce the combined income tax paid by you and your spouse when one of you has a significantly higher income or pension plan than the other.

••• facilitate your International Investing

In an increasingly global marketplace you can gain access to increased investment opportunities and reduce your financial risks through diversification.

health assessment and teaching, rehabilitation, palliative care and bereavement follow-up. A major focus is assisting seniors to maintain a sense of independence and self-determination. Referrals are accepted from all sources and care is provided in consultation with a physician.

The VON is supported by fees for service, donations, grants and fundraising projects. The fee is based on the average cost of the visit. No one in the areas served is refused service for financial reasons. Thirteen branches serve 82 per cent of the population of the province.

For service, contact:
 VON Nova Scotia
 Suite 219, Bedford Tower,
 1496 Bedford Highway,
 Bedford, NS B4A 1E5
 Phone: (902) 832-1897
 Fax: (902) 832-1755

VON Offices

Greater Halifax(902) 453-5800
 Lunenburg Co(902) 624-1897
 Queens Co(902) 354-3249
 Tri-County(902) 742-4512
 Cumberland(902) 667-8796
 Colchester East Hants ... (902) 893-3803
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Cape Breton Metro(902) 562-1297
 Pictou Co.(902) 752-3184
 Annapolis Valley(902) 678-3415

Home Care Services — Private Sector

Care Choices

Care Choices, an innovative Home Health Care Company serving all of Lunenburg County and Eastern Queens County for the past seven years, offering "personalized home care" based on the clients individual needs.

Care Choices as a full complement of qualified professional bonded staff to draw from: Home Health Aids/Personal Care Workers, LPN's, RN Assessors/Supervisors and In-home Physiotherapist Assessor(by appointment only). Care Choices Inc. has a 24 hour emergency service for our clients to ensure the standard of care is maintained at the highest level.

Care Choices provides: Convalescent Care, Respite Care, Palliative Care, Hospital Sitting, and Homemaker Services. An individual comprehensive care plan is developed for each on-going case, with close monitoring by the RN Supervisor and Administration. Care Choices Inc. carries the maximum insurance coverage and all staff are put through a rigorous interview process prior to becoming part of the team and are evaluated on a continuous basis by the Administration Team. Care Choices Inc. has adopted a high standard of care using all available standards such as the RN Standard of Nursing Care, Department of Health's Standards of Care which has been incorporated into

their overall policy on standard of care for their clients.

Care Choices Inc. was one of the founding companies who initiated the development of the Association of Independent Health Care Services of Nova Scotia and has remained an active member of this organization.

Care Choices Inc. services are available 7 days a week with the minimum of 4 hours up to 24 hours per day (the minimum of 4 hours may be dependent on the distance required to travel to serve the client).

For further information, contact:

Mrs. A.J. (Billy) MacCready

P.O. Box 183

Bridgewater, NS B4V 2W8

Phone: (902) 527-1622

Fax: (902) 543-7966

E-mail: bmaccready@ns.sympatico.ca

We Care Home Health Services

Since 1983, We Care has become one of Canada's largest and most trusted providers of personalized in-home care and support services. One call to We Care can arrange any amount and level of care required, whether it is Professional Nursing, Home Support Services, Foot Care or Special Needs Services. For most We Care clients, the care giving process begins with a free in-home assessment and the discussion of a care plan. And over time, as people's situations change, We Care's personalized support services are adjusted to meet the changing needs. We also take the opportunity to ensure that the client is able to take best advantage of available health insurance and

community health care programs. Qualifications, skills and professional experience are only part of what it takes to become a Care Specialist on the We Care team. The other component is a combination of motivation, vision and commitment...a personal commitment to We Care philosophy of caring excellence. We attribute our on-going success to a simple philosophy: We ask our staff to treat each of our clients with the same dignity, respect and love they would offer a close friend or relative. We can help you to enjoy the independence and lifestyle that only quality home care service can offer.

Services available 7 days a week,
24 hours a day.

Please contact:

Mary Wile/Lori Reilly

We Care Home Health Services

6960 Mumford Road

Suite 6,

West End Mall

Halifax, NS B3L 4P1

Phone:

(902) 454-2571

Fax: (902) 454-2522

Haven Bay Home Care Services

Haven Bay Home Care Services are as varied as our client needs dictate. Our mandate is to assist clients to remain as independent as possible in their own homes and communities.

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• Toll Free 1-800-565-3394

Services include:

- Professional Nursing Care (R.N.'s and LPN's)
- Home Health Aids
- Respite Care
- Companion Care
- Palliative Care
- Foot Care

Supervisory staff make free at home assessments, regular supervisory visits and are on call 24 hours a day.

Please contact us at:

R.R. #1, Boutilier's Point, Site 6, Box 7
Halifax Co., NS B0J 1G0
Phone: (902) 826-1341

COMCARE

COMCARE is a Canadian owned company established in 1969 as one of the first private home health care agencies in Canada. COMCARE is accredited with the Canadian Council on Health Services Accreditation.

To enhance independence, COMCARE provides many services in the home or community setting:

- Skilled nursing care by RN's and LPN's
- In-home care by home support workers
- Palliative care
- Respite and companion care
- Foot care
- Venipuncture
- Occupational therapy/rehabilitation
- Workplace Wellness Programs

To meet individual needs, a nursing supervisor provides in-home assessments. Regular home visits are made to supervise staff. Each member of the

COMCARE health team is carefully referenced, screened and bonded.

Our service is available 24 hours a day

For more information please contact:

Patricia Jennex, Manager
Comcare Health Services
3134 Robie Street
Halifax, NS B3K 4P9
Phone: (902) 453-0838 or
1-800-565-1930
Fax: (902) 453-1018

Northside Community Guest Home

The Northside Community Guest Home Outreach offers several programs to assist seniors from the community and those who are medically at risk in our local community.

Lifeline – A personal security system that attaches to your telephone which gives you security and peace of mind.

Helpline – This service lets us help you solve your problems.

Foot Care – Offers the specialized foot care of a chiropodist.

Equipment Loan Program – The loan of health care equipment.

Enriched Housing – Twenty-five apartment units are available for seniors who require self-reliant living with access to care when required.

For further information on these programs contact:

Jim Gouthro
Phone: (902) 794-4733 ext. 32
or leave a message.

Antigonish Home Health Care

Evelyn Mac Donald, Executive Director

Antigonish Home Health Care
23 Bay Street, Antigonish, NS B2G 2G7
Phone: (902) 863-8181
Fax: (902) 863-0990

Nightingale Nursing Services

Nightingale Nursing Services is a locally owned, private duty nursing service which provides all levels of health care personnel to individuals in their own homes, apartments, and in hospitals. It also provides institutional staff relief to local hospitals and extended care facilities including nursing homes and guest homes. Nightingale serves most of Nova Scotia and has staff to meet each clients needs.

For information contact:
Nightingale Nursing Services
Phone: (902) 465-9777 (Halifax Region)
Fax: (902) 469-9250
Phone: (902) 562-6274 (Sydney)

Northwood Homecare Services

Northwood Homecare Limited is a not-for-profit coordinated homecare service that addresses the individual's needs in the home to sustain the optimum state of health, activity and independence. Flexible 24 hour service, 7 days a week in the Halifax Regional Municipality helps seniors, the disabled and families at risk make the most out of life. Northwood Homecare offers a full range of services from home support, nursing care(RN and LPN), including I.V. therapy, palliative care, and hospice, nutrition,

physiotherapy and occupational therapy consults, as well as medication and insurance claims assistance. The type and amount of home care is decided in consultation with you, your family, and/or your physician, and our registered nurse supervisor. The service is available on an hourly basis, as assessed. All home support staff are trained and supervised regularly.

For further information on these services please call:
Northwood Homecare
Phone: (902) 425-2273
Fax: (902) 421-6313
Northwood Telecare: (902) 421-6387

Olsten Health Services

Olsten Health Services provides a full range of homecare services including skilled nursing care (RN's and LPN's), personal care workers, home-makers, diabetic care, palliative care, respite care and companion care in the home to help the client remain as independent as possible. All personnel are insured and bonded. Our Nursing Supervisor conducts *FREE* in-home assessments and makes regular home visits to supervise staff. All support services are customized to meet individual needs. Service is available in Halifax/Dartmouth and surrounding areas, 24 hours daily, 7 days a week.

We also process ALL paperwork for insurance claims.

For more information, contact:
Phone: (902) 425-3351
Fax: (902) 425-8554
Toll-free: 1-800-565-3351

P.L.S. In-Home Care Ltd.

P.L.S. In-Home Care Ltd. is a private organization that assists others by offering nursing care and other forms of home support such as personal care, light house-keeping, meal preparation, etc.

P.L.S. In-Home Care has been serving the South Shore of Nova Scotia for over 14 years. Services available up to 24 hours a day, seven days a week at home or in hospital. Free assessments and follow-ups provided.

For more information, contact:

Pat Gabriel, R.N.

Phone: (902) 543-2877

Fax: (902) 543-7966

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In-Home Hair Care Services. Twenty-five years experience in hair business. By appointment only. For more information, please contact Kathleen Steeves at (902) 477-9196 in Metro.

In Home Massage Therapy

More and more seniors are finding benefits from Massage Therapy for conditions ranging from general stiffness to insomnia. These benefits are achieved by having the convenience of a massage therapy session in ones own home and some extended health care plans cover massage therapy.

Stacy Opalka of Spring Garden Massage Therapy, has been a massage therapist for over eight years. During this time she has seen an increasing demand for therapeutic massage amongst seniors and is currently working with seniors from Melville Heights in Halifax. "Many people find great results from Massage

Therapy. The session is tailored to each client for individual care. Checking with your medical doctor for any contradictions would be suggested." expresses Stacy Opalka.

For more information on Massage Therapy In-Home Sessions please call Stacy at (902) 455-4300.

Private Duty Registry

The Private Duty Registry offers 24 hour nursing service at home or in the hospital. Shifts and hours can be arranged to suit the needs of the patient.

For information, leave a message and your call will be returned promptly:

Piri Kerekes

37 Southill Drive

Halifax, NS B3M 2X9

Phone: (902) 423-6469

Seniors for Seniors

Serving the needs of older adults and senior citizens, Seniors for Seniors provides several programs such as homemakers, handy-persons, home cleaners, and companions.

For more information contact:

Howard Court, President or

Janet Wilson, Supervisor of Home Care

Seniors for Seniors/Seniors for Business,
7001 Mumford Road, Tower 2, Suite 3006
Halifax, NS B3L 4R3

Phone: (902) 454-3674 (Halifax Region)

Phone: (902) 897-7355 (Truro)

Toll-free: 1-800-719-6643

(New Glasgow and area)

Kelly Home Care, A Division of Sitters R'US Limited

Kelly Home Care is a privately-owned Nova Scotian company, providing a number of services throughout the Municipality. We provide LPN's, PCW's, home-makers and home support, companionship, and respite care. We also provide relief care to local hospitals and extended care facilities.

We offer 24 hour service. In-home assessments are carried out by the Director before a caregiver is placed in your home. All our caregivers are carefully and thoroughly screened, then selected.

It is mandatory that all our caregivers provide us with a National Criminal Records Check; a complete Form XIII from the Child Abuse Registry (a 10 year history check for child abuse); undergo a medical; provide us with a driver's abstract; and have a Level C, CPR certificate. PCW's and LPN's must also be fully certified in order to complete their assigned duties.

Our commitment is to provide you and your family with the highest level of care, to meet your individual needs.

For more information, contact:

Jaci Kelly, Director
6028 Hammond Road
Suite 216, Halifax, NS B3K 2R6
Phone: (902) 425-7727
Fax: (902) 455-1205
Website: www.sittersrus.attcanada.net

Respite Programs

Respite Care

Caring for the chronically ill and disabled persons may pose a heavy burden on families, tying them down for long periods of time. This is where respite care comes into the picture. The phrase means the provision of alternative care, generally in a group setting, for two or three weeks or less, while the family caring for the individual takes a vacation and has respite from the burden of constantly being on the job.

There are a number of homes for special care that provide respite or vacation beds including:

Parkland Estates, Halifax .(902) 457-0234
Villa Acadienne,
Meteghan(902) 645-2065



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 Queens Manor,
 Liverpool(902) 354-3451
 Tideview Terrace,
 Digby(902) 245-4718
 Miners Memorial Manor,
 Sydney Mines(902) 736-1992
 MacGillivray Guest Home,
 Sydney(902) 539-6110 Annapolis Royal.
 Nursing Home(902) 532-2240
 Mahone Nursing Home,
 Mahone Bay(902) 624-8341
 Dykeland Lodge,
 Windsor(902)798-8346
 Harbourview Haven,
 Lunenburg(902) 634-8836
 Gables Lodge, Amherst ..(902) 667-3501
 I.O.O.F. Home, Pictou ... (902) 485-5492
 Melville Lodge, Halifax ..(902) 479-1030
 Valley View Villa,
 Stellarton(902) 755-5780
 OceanView Manor,
 Eastern Passage(902) 465-6020
 MacKarachers,
 Guysborough(902) 522-2147
 Milford Haven,
 Guysborough(902) 533-2828
 Port Hawkesbury Home,
 Port Hawkesbury(902) 625-1460
 Glades Lodge, Armdale ..(902) 477-1777
 Nakile, Yarmouth Co ... (902) 643-2707
 Shoreham Village,
 Chester(902) 275-5631
 Windsor Elms, Windsor ..(902) 798-2251
 Fairview Villa, Fairview ..(902) 443-1971
 Surf Lodge, Lockeport ... (902) 656-2014
 Duncan MacMillan,
 Halifax(902) 885-2545
 Haliburton Place,
 Windsor(902) 792-2003

Musquodoboit Valley Home
 for Special Care,
 Middle Musquodoboit ..(902) 384-3007
 Scotia Nursing Home,
 Beaverbank(902) 865-6364
 The Birches
 Musquodoboit Harbour ..(902) 889-3474
 R.K MacDonald Nursing Home,
 Antigonish(902) 863-2578
 Seaview Manor,
 Glace Bay(902) 849-7300
 Bayview Memorial Health Centre,
 Advocate Harbor(902) 329-2859
 High Crest Springhill
 Home for Special Care,
 Springhill(902) 597-2797
 Mountain Lea Lodge,
 Bridgetown(902) 665-4489
 North Queens Nursing Home,
 Caledonia(902) 682-2553
 Tidal View Manor,
 Yarmouth(902) 742-3541
 Wolfville Nursing Home ..(902) 542-2429
 The MIRA, Truro(902) 895-8715
 South Cumberland Community
 Care Centre, Parrsboro ..(902) 254-2504
 Victoria Haven NH,
 Glace Bay(902) 849-4127
 New Waterford Level II,
 New Waterford(902) 862-6411

Additional information is available by
 contacting:

Licensing Coordinator

Long Term Care, Department of Health

P.O. Box 488, Halifax, NS B3J 2R8

Phone: (902) 424-2324

Fax: (902) 424-0558

Alzheimer Volunteer Respite Program

The Alzheimer Society of Nova Scotia has
 developed a Volunteer Respite Program

designed to provide volunteers with the training necessary to temporarily relieve families who are caring for a loved one with Alzheimer Disease at home for two or three hours, once or twice a month. Nursing and homemaker services are not included in the program.

The program allows the caregiver freedom to run errands, attend a support group meeting, or maybe just take a nap. Participation in this program is free.

For further information or to apply, contact:

Halifax Region

Alzheimer Society of NS .(902) 422-7961

New Glasgow and area

Janet Berranger(902) 755-2136

Adult Day Programs

South Cumberland

Community Care

Centre/Adult Day Programs

The Adult Day Program is a Monday to Thursday program designed to meet some of the medical, physical, and social needs of individuals 18 years of age and over.

The purpose of the program is to help people maintain their health; foster independence; and improve their quality of life, so they may remain in their homes and community as long as possible.

Services include those of a social worker, occupational therapist and a dietician on site one day a week, access to physiotherapy, diabetic clinic, lab/x-ray as referred by physician. Other aids and equipment for daily living are available as required.

Programs for Seniors 2002

The Programs for Seniors is published by the Nova Scotia Business Journal for the Nova Scotia Senior Citizens Secretariat. The publication is a comprehensive resource guide outlining services available to Seniors throughout the province.

Think Now! Book Early!

In mid-December 2001, 50,000 copies will be distributed directly to pharmacies, seniors clubs and other venues which are frequented by seniors. For more information on the 2002 issue give us a call at the numbers listed below or contact us at: **Programs for Seniors 2002, c/o Nova Scotia Business Journal, 11 Thornhill Drive, Dartmouth, NS B3B 1R9. E-mail: nsbj@hfxnews.southam.ca**

Ph: (902)468.8027; Fax: 468.2425

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A small fee may apply. We serve
Parrsboro and surrounding areas.

For information, contact:
Heather Beaver or Brenda Roberts
South Cumberland Community
Care Centre
Parrsboro, NS B0M 1S0
Phone: (902) 254-2540

Oakwood Terrace Adult Day Program

Now in our 3rd year, the Adult Day Program operates Monday to Friday, five days a week, excluding holidays, between the hours of 8:30 am and 4:30 pm. The day program is a respite program for individuals 60+ years. Those who become participants would usually require some assistance to maintain their independence at home or within their community and who do not require 24 hour care. The program is run under social mode and philosophy of care that promotes independence and development and enhancement of the participant's interests and goals. We encourage participants to assist in the design of their care plan when they are assigned their day(s) and staff and volunteers assist them to make their time at the day program the best it can be. Oakwood's day program is located at 10 Mount Hope Avenue, next to the Dartmouth General Hospital. It is friendly, intimate group who participate in a safe, caring and nurturing environment with qualified supervision daily.

The participants enjoy daily recreation activities and programs as well as pursue individual leisure interests, goals and desires as outlined in their care plan. In addition to the many recreational

opportunities available to them with the residents of Oakwood, the day program participants also enjoy daily exercise, health monitoring, tea and chats, exploring individual leisure identities, leisure counselling, education and family support and specific therapeutic programming and interventions to assist in participants due to a certain disability.

For more information contact:
Noreen Wren
Oakwood Terrace Adult Day Program
10 Mount Hope Avenue
Dartmouth, NS B2Y 4K1

Audrey's Place

Audrey's Place: supervised social activities for 50+ individuals. Enhanced opportunities for independence, well being, community involvement and expanded social life.

Daytime and overnight respite and emotional support for primary caregivers, spouse and family members.

In home daytime programs and activities, plus community outings.

Recreational activities, transportation to community activities, personalized programs, fireside chit-chat, daily/weekly/monthly outings and special events. Daily luncheon and refreshment.

Community Service Professional; Gerontology Diploma graduate; twenty years in the human service field primarily to seniors. Fully qualified resource staff with appropriate training and experience.

A personalized, flexible schedule, Monday to Friday with reasonable rates based on a minimum of five hours. Extended hours available.

Audrey's Place located at 449 Purcell's Cove Road – contact Audrey Siddall:
Phone: (902) 477-5346

Perfume and Smoke Free Environment

Northside Harbourview Hospital Seniors' Day Program

The Seniors' Day Program was established in 1982 as an outreach service for the Northside area designed to assist seniors (65 years of age or older) to maintain their independence in the community. Clients of the program are provided with day-time medical, nursing, rehabilitative, nutritional, spiritual, and psychosocial activities supplementing family care.

With volunteers, the activities coordinator plans and directs exercise programs, crafts, religious services and special events. Hearing and speech, foot care and hair dressing services are also provided.

Transportation is provided for those who require it, along with a noon meal and snacks. Clients are charged a small fee for these services.

Referrals are accepted from physicians, health professionals, clergy or families. Clients applying must require at least two of the services provided. Hours of operation are 9:00 am–3:00 pm, Monday–Friday, excluding holidays.

For information contact:
Heather Duff
Unit Manager, Senior's Day Program
Harborview Hospital
22 Richard Street, Sydney Mines, NS
Phone: (902) 736-2831 ext. 140

How is your hearing?



Have you had your hearing checked lately?

Do you frequently ask others to speak up or repeat themselves? Do you turn up the volume on the TV so loud that others complain? Do you feel others are mumbling? Do you hear but not understand the words?

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892-6989
27 St. Peters Rd.

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Northwood Homecare Adult Day Programs

A social day program for individuals 50 years and over who may require some degree of assistance to maintain their independence in the community. Health monitoring, exercise programs, recreational activities, group discussions and counselling are some of the services available. A noon meal and snacks are provided.

The program is held on Thursdays and Fridays from 8:30 am–3:00 pm.

For information contact: (902) 454-3347.

Day Support Program

A day program designed for individuals who are experiencing memory loss and confusion due to Alzheimer Disease or other forms of dementia. The program provides flexible individualized programming, health monitoring and support for caregivers. The program is available Monday to Friday 8:30 am–3:00 pm and includes a full noon meal and snacks.

For information, contact:
Phone: (902) 454-3347

Geriatric Day Hospital

QEII Health Sciences Centre Day

Camp Hill Veterans' Memorial Building
First Floor, 5955 Jubilee Road
Halifax, NS B3H 2E1
Phone: (902) 473-2493

This program provides short-term outpatient rehabilitation for seniors by a team of health care professionals. Physicians referrals are required.

QEII Health Sciences Centre

If you're coming to the QEII the first thing to ask your doctor or the secretary or receptionist is "Which building do I go to?"

There is no one building called the QEII. The QEII is a large organization of 10 buildings on different streets. If you don't ask you may get lost.

The QEII is comprised of these buildings:

- **New Halifax Infirmary** (Outpatient entrance – Robie Street, Inpatient and Emergency entrance, Summer Street)
- **Dickson Building, including the NS Cancer Centre** (University Avenue)
- **Bethune Building** (University Avenue)
- **MacKenzie Building** (University Ave.)
- **Victoria Building** (South Park Street)
- **Centennial Building** (South Park St.)
- **Camp Hill Veterans' Memorial Building** (Jubilee Road)
- **Abbie J. Lane Memorial Building** (Jubilee Road)
- **Nova Scotia Rehabilitation Centre** (Summer Street)

QEII Switchboard:

(902) 473-2110 (VG)
(902) 473-4222 (CHVMB/AJLB)
(902) 473-2700 (nHI)
(902) 473-1787 (NSRC)
(902) 473-6000 (NSCC)

QEII Emergency Department:
(902) 473-2043

If you are coming to the QEII from out of town and would like a list of accommodations please call our recorded accommodation hotline at (902) 473-1444. Leave your name and complete address and we'll send you a

list of hotels, hostels, bed & breakfasts, etc. that offer reduced rates to QEII patients and families.

Meal Programs

Nova Scotia Meals Network

The Nova Scotia Meals Network is made up of the four regions with key resource people or contacts:

Eastern Region

Joan Fownes, Dietitian
Victoria County Memorial Hospital
Baddeck, NS
Phone: (902) 295-2112
Fax: (902) 295-3432

Northern Region

Clara MacKinnon, F.S.S
C/o Valley View Villa, RR#1
Stellerton, NS B0K 1S0
Phone: (902) 755-5780
Fax: (902) 755-3104

Western Region

Vivian MacMillan
Box 427, Windsor, NS B0N 2T0
Phone: (902) 798-4913

Pam MacKinley
VON Kings Branch
Wolfville, NS B0P 1X0
Phone: (902) 847-9412
Fax: (902) 690-2106

Central Region

Debra Dostal
Spencer House Senior Centre
Phone: (902) 421-6131

Halifax Meals on Wheels

Meals are delivered in Halifax between Monday and Friday with the exception of Spryfield which is Mon./Wed./Fri.

Meals are delivered at noon hour. Charge of \$4.00. Meal consists of: soup and crackers; main entree – meat and vegetables; bun/bread and butter; dessert.

If a person has food allergies or is diabetic they should let us know when the referral is taken.

Referrals can be made by self/family member/doctor/etc.

Volunteer Service
6036 Coburg Road
Halifax, NS B3H 1Y9
Phone: (902) 429-4299

SENIORS FOR SENIORS™

We offer the services of empathetic senior citizens and older adults to assist other senior citizens.

Our personnel are available in the mornings, afternoons, evenings or the weekends, overnight or on a live-in basis.

They prepare meals, whether breakfast, lunch or dinner and perform light housekeeping duties.

For a free brochure outlining our rates and services, call:

Metro (902) 454-3674
Truro 1-902-897-7355

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Amherst to Springhill, Nova Scotia
Dietitian, Susan Kastuk-Ridlington
Phone: (506) 536-8102

VON of Greater Halifax
Halifax residents call (902) 454-5755
Dartmouth residents call (902) 465-5578

VON Queens
Liverpool, NS (902) 354-3249

VON Antigonish (902) 863-5700

Foyer Pere Fiset
Cheticamp, Nova Scotia
(902) 224-1598 (kitchen of the
nursing home)
(902) 224-4014
(Heather Murphy, Dietitian)

VON Tri-County Branch Yarmouth, NS
Phone: (902) 742-4512

Shelburne County Community
Health Board

Senior's Information Line:
Phone: (902) 637-2667 or
Toll-free: 1-800-565-0397
in Lockeport Area

VON Annapolis Valley (902) 678-3415
Toll-free: 1-800-411-9646
Ask for PEP Program

Caregiver Support

Caregiver Resource Library – Nova Scotia Centre on Aging

The Caregiver Resource Library is a lending library of books and videos which provide information and support for family and professional caregivers. Materials focus on such topics as the aging process, elder abuse, legal issues, home care, stress, counselling, aging with developmental disabilities and support groups. The Caregiver Resource Library is part of the Nova Scotia Centre on Aging at Mount Saint Vincent University. Anyone living in Nova Scotia may borrow from the Caregiver Resource Library. Courier service is available for people living outside the Halifax area.

The Library is open Tuesday and
Thursday 1:00–4:30 pm

For information, contact:
Library Coordinator,
Caregiver Resource Library
Mount Saint Vincent University
Bedford Highway, NS B3M 2J6
Phone: (902) 457-6561
Fax: (902) 445-3960

Blood Collection

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Ltd., fully insured/registered/experienced. Let us come to you.

Specimen Collection/Delivery
\$23.00 fee (no HST)
Phone: (902) 830-2273

Blood Collection Services

Free parking, appointment available (walk-ins welcome); hours 7:00 am–11:00 am; fee includes transportation and delivery, no HST.

Bedford Renova

(Royal Bank Bldg.)(902) 835-6561

Eastern Passage

Pharmasave(902) 465-3558

Cole Harbour Renova

(Cole Harbour Place) . .(902) 435-3391

Home Visits please call . .(902) 461-2391

Equipment and Personal Aids for Seniors

Canadian Red Cross Society... Health Equipment Loan Service

This program operates volunteer based loan depots throughout the province. Equipment generally carried in inventory are crutches, canes, walkers, wheelchairs, commodes, raised toilet seats and bathtub aids. Loans are free of charge and usually for up to 3 months. Donations are welcomed. The provincial depot is located at 1940 Gottingen Street, Halifax, can be contacted Monday –Friday 8:30 am–4:30 pm for specific equipment requests or for information on other depots.

For further information, contact:

Phone: (902) 423-3680

Fax: (902) 492-0544

Harding Medical Supplies

Harding Medical sells, rents and repairs a wide variety of health care equipment, from canes to home elevators.

For information, contact:

Harding Medical

5541 Russell Street, Halifax, NS B3K 1X1

Phone: (902) 453-6900

Toll-free: 1-800-565-1680

Maritime Tel and Tel

Maritime Tel and Tel offers a variety of equipment and services designed to provide telephone use for people who have hearing, speech, sight or motion disabilities.

For more information on Maritime Tel and Tel's Special Needs equipment, contact:

Toll-free: 1-800-694-9313

Toll-free TTY/TDD: (902) 487-5999

Easy Shop Living Canada Ltd.

Easy Living offers clothing for seniors and disabled persons that is specially designed for incontinent persons, persons with arthritis, and those having difficulty dressing.

For further information or a catalogue, contact:

Easy Living Shops

270 Lilac Street, Winnipeg, MB R3M 2T4

Phone:(204) 284-2009

Toll-free: 1-800-665-1976

or Paula Chambers, NS Representative:

Phone: (902) 542-1405

Northwood Lifeline Personal Emergency Response Service

Northwood Lifeline's not-for-profit personal emergency response service has been providing peace of mind to seniors and their families for over 13 years. Offered to all communities in Nova

Scotia through a large network of volunteer organizations, the service reassures individuals that help is sent at the push of a small waterproof button. Immediate voice contact with a caring 24 hour response centre that has all you emergency information will summon the help you need. There are no minimum time restrictions and the cost is \$1.40/day and \$25 for installation.

For a free brochure or demonstration contact: Toll-free: 1-800-461-3346
Metro Halifax: (902) 492-3346
Fax: (902) 421-6385

Medic Aid Response Systems

Medic Aid Response Systems is a nationally operated Company that installs medical alarm systems, automated pill dispensing equipment and medication reminder watches, across Canada.

Canadian owned and operated for the past 12 years we have established the reputation of the Company by providing excellent service at very competitive rates. Non-Voice Units are \$28.00 per month and Voice Units are \$32.00 per month. Taxes are not included. Our installation charge is \$25.00 and units may be purchased or leased without set time limits.

Our bi-lingual and U.L.C. rated monitoring station provides 24-hour service and puts emergency services into action within seconds of receiving the signal from each unit. Our products use the latest technology and our clients can be provided with either wrist or hanging waterproof pendants.

For further information and an obligation free demonstration contact:
Greg Lambert, President

Medic Aid Response Systems
Suite 201, 3681 Kempt Road,
Halifax, NS B3K 4X6
Phone: (902) 454-8877
Fax: (902) 454-7857
Toll-free: 1-800-565-9135
Website:
<http://www.MedicAid-Canada.com>

MedicAlert and Canadian MedicAlert Foundation

MedicAlert provides first responders and health care professionals instant access to a member's personal and medical information in an emergency.

MedicAlert's lifetime service includes the protection of a customized bracelet or necklet, member ID number; 24-hour emergency hotline, available in 140 languages, anywhere in the world; a computerized member record; and wallet card.

MedicAlert cannot be purchased in retail outlets. Enrollment forms can be found in doctor's offices, clinics, pharmacies and hospitals, on the MedicAlert web site or call the national office to enroll by phone.

Awareness Month:

May is MedicAlert's national awareness month.

National Office:

Canadian MedicAlert Foundation

250 Ferrand Drive, Suite 301
Toronto, ON M3C 3G8
Phone: (416) 696-0267
Toll-free: 1-800-668-1507
Francais (Toll-Free): 1-800-668-6381
Fax: (416) 696-0156
E-mail: medinfo@medicalert.ca
Website: www.medicalert.ca

Contact:
Brenda Beesley
Communications Coordinator
Phone: (416) 696-0142 ext. 251

Housing

Housing Grants and Loans — Nova Scotia Department of Community Services

Access-A-Home Program

The Department of Community Services provides funds to adapt existing housing units to suit persons who use wheelchairs. Grants up to \$3,000 are available for the removal of architectural barriers which limit the use of a wheelchair.

Parent Apartment Program

The Parent Apartment Program offers low interest loans to a maximum of \$25,000 to create affordable housing accommodation for senior family members by additions, alterations, or renovations to a single family dwelling or the purchase of a garden suite.

To qualify, the parent means a person or persons, one of whom is 50 years of age or older, whose combined annual income is \$20,000 or less.

The home must be the applicant's or parent's principal residence and outstanding charges on the property must not exceed 90 percent of market value after completion of the new unit. Up to 550 square feet of space can be renovated or added on. The loan must be secured by a first or

second mortgage. The interest rate is six per cent with a repayment term of not more than 10 years.

Senior Citizens' Assistance Program (SCAP)

This program provides funds to assist senior citizens 65 years of age or older to carry out emergency repairs to their homes. Assistance may be provided to qualifying seniors who wish to remain in their own homes but who are unable to afford repairs required to allow them to do so. Up to a maximum of \$3,000 may be available to qualifying seniors. Eligibility requires that the client or spouse be 65 years of age or over; must have a combined annual income of \$20,000 or less, own and reside in the dwelling for which the application is made; and must not have received previous assistance.

The dwelling must be the principal residence of the applicant and be a single family unit, including a detached, or semi-detached unit, a mobile home, or a unit of row housing.

Home Adaptations for Seniors' Independence (HASI)

HASI was set up to assist low-income seniors who have difficulties with daily living activities in the home by providing financial assistance to home owners and landlords to carry out minor home adaptations. The assistance is in the form of a forgivable loan; the maximum amount available is \$2,500. The forgivable loan is secured with a promissory note and the loan is forgiven during the 6 month forgivable period. This program

is cost-shared between the Government of Canada through Canada Mortgage and Housing Corporation (CMHC) (75%) and the Province of Nova Scotia (25%).

Small Loans Assistance Program (SLAP)

The Small Loans Assistance Program provides low interest loans up to \$20,000 for repairs, alterations or adaptations to single family homes and for completion or partial completion of a single family home. Recent changes aimed at speeding up the application process now make it possible to get a loan up to \$3,000 through a promissory note.

Assistance may also be provided to homeowners and/or occupants of larger family homes to convert a portion of the home to a self-contained apartment unit.

Eligibility requires that the client own and reside in the dwelling; have a gross family income of \$35,000 or less per year; have a good credit rating; and total housing indebtedness not exceeding 27 per cent of the gross family income defined to include principal, interest and taxes. The dwelling must be the principal residence of the applicant and be a single family unit including a

detached or semi-detached unit, a mobile home or a unit of row housing.

Residential Rehabilitation Assistance Programs (RRAP)

This program offers financial assistance to households who own and occupy substandard housing to enable them to repair their dwellings to a minimum level of health and safety; offers financial assistance to homeowners and landlords to undertake accessibility work to modify dwellings occupied or intended for occupancy by persons with disabilities; offers assistance to landlords of affordable housing to pay for mandatory repairs to self-contained units occupied by low-income tenants. This program is cost-shared between the Government of Canada through CMHC (75%) and the Province of Nova Scotia (25%).

Homeowners may qualify if the value of their house is below a specific figure; and if their household income is below established ceilings.

Eligibility is limited to properties lacking basic facilities or in need of major repair.

Landlords may qualify if the units/rooms being modified have pre- and post- RRAP rents at or below the median market rent

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Halifax, Nova Scotia B3J 1Z9

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for the local area. In addition, the property must lack basic facilities or require major repair. The units must be rented to people with incomes within certain limits. Landlords may also qualify if they are modifying a unit to suit a person with a disability.

Loans are available in amounts up to \$12,000 forgivable and \$6,000 repayable over a five year period for homeowners and up to \$18,000 per unit for landlords forgivable over a period of up to 15 years.

Regional Offices:

Metro Regional Office

1496 Bedford Highway, Suite 304
Bedford, NS B4A 1E5
Phone: (902) 424-5110
Fax: (902) 835-9141
Toll-free: 1-800- 774-5130

Cape Breton Regional Office

Provincial Building
360 Prince Street, Suite 22
P.O. Box 1267
Sydney, NS B1P 5L1
Phone: (902) 563-2120
Fax: (902) 563-2370
Toll-free: 1-800-567-2135

Central Regional Office

176 Archimedes Street
P.O. Box 481
New Glasgow, NS B2H 5E5
Phone: (902) 755-5065
Fax: (902) 752-7133
Toll-free: 1-800-933-2101

Western Regional Office

166 Commercial Street
P.O. Box 1000
Middleton, NS B0S 1P0
Phone: (902) 825-3481
Fax: (902) 825-6560
Toll-free: 1-800-564-3483

District Offices

Amherst District

144 East Victoria Street
P.O. Box 486
Amherst, NS B4H 4A1
Phone: (902) 667-1161
Fax: (902) 667-5679
Toll-free: 1-800-933-2101

Truro District

9 Church Street
Truro, NS B2M 3Z5
Phone: (902) 893-5999
Fax: (902) 897-1149
Toll-free: 1-800-933-2101

Bridgewater District

821 King Street, Suite 4
Bridgewater, NS B4V 1B7
Phone: (902) 543- 7336
Fax: (902) 527-1357
Toll-free: 1-800-278-2144

Seniors' Apartments

Public Non-Profit Housing

One and some two bedroom apartments are available in many locations across the Province. Rent includes heat and hot water and is based on monthly income. All buildings have laundry equipment available for a modest fee. Information on the senior citizens' housing units is available through the seven (7) housing authorities located in Nova Scotia. Housing Authority offices are located in the following areas:

Annapolis Valley Housing Authority

1005 Kentucky Court,
New Minas, NS B4N 4N1
Phone: (902) 681-3179
Fax: (902) 681-0806
Toll-free: 1-800-441-0447

Cape Breton Island Housing Authority

18 Dolbin Street
P.O. Box 1372
Sydney, NS B1P 6K3
Phone: (902) 539-8520
Fax: (902) 539-0330
Toll-free: 1-800-565-3135

Cobequid Housing Authority

144 Victoria Street East
P.O. Box 753 Amherst, NS B4H 4B9
Phone: (902) 667-8757
Fax: (902) 667-1686
Toll Free: 1-800-939-3996

Eastern Mainland Housing Authority

176 Archimedes Street
P.O. Box 116
New Glasgow, NS B2H 5E1
Phone: (902) 752-1225
Fax: (902) 752-1315
Toll Free: 1-800-933-2101

Metropolitan Housing Authority

3700 Kempt Road
Halifax, NS B3K 4X8
Phone: (902) 420-6000
Fax: (902) 420-6020
Toll-free: 1-800-565-8859

South Shore Housing Authority

821 King Street, Suite 4
Bridgewater, NS B4V 1B7
Phone: (902) 543-8200
Fax: (902) 527-1357

Tri County Housing Authority

368 Main Street, Suite 206
Yarmouth, NS B5A 1E9
Phone: (902) 742-4369
Fax: (902) 749-1258
Toll-free: 1-800-306-3331

Welcome To Melville Gardens

11 RAMSGATE LANE, Halifax off Purcells Cove Rd.

OPENING SOON!

(A New Assisted Living and Independent Living Facility)

Melville Gardens occupies a gorgeous view of the Northwest Arm.

Melville Gardens caters to the Assisted Living and Independent Living residents. Melville Gardens is specially designed for elderly requiring supervision, assistance, and guidance in performing activities of daily living.

The need of elderly care is constantly changing and Melville Gardens is working hard towards fulfilling this goal. Melville Gardens is a care home that can provide a homelike atmosphere.

A good place to call "home" in your "golden" years!

For further information, please call Irene Swindells at:

(902) 477-3313

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Call Toll Free 1-800-670-0065

Private Housing Options

The Berkeley

The Berkeley name stands for the best in gracious, independent, retirement living. Berkeley residences offer an unusually high level of service and commitment to seniors who value independent living. Staff and management at The Berkeley are fully committed to providing extraordinary personal attention and service. Life at The Berkeley allows for a worry-free independence with as much privacy as you wish. You'll find a full range of opportunities for socializing, entertaining and group activities.

The charm and attraction of The Berkeley can be found in the gracious surroundings, private suites, exceptionally dedicated, friendly staff on duty 24 hours, beautifully prepared meals, round the clock security, and personal care assistance and respite care when needed. Our staff nurses, driver and vehicle are available, as well as housekeeping and laundry services.

We welcome your call for more information, or a tour of The Berkeley Halifax(5266 Green Street), The Berkeley Dartmouth (35 Eisner Boulevard) or The Berkeley Bedford.

For more information please call The Berkeley at: (902) 429-2222.

Parkland Estates

Active and independent seniors looking for an alternative to remaining in their home have another option — Parkland Estates Retirement Residence in Clayton Park West. Parkland Estates has been specifically designed for seniors who no

longer wish to live in their own home yet want to maintain their independent lifestyle.

Parkland Estates offers services that make daily living for seniors easier and allows them time to enjoy leisure pursuits. While friendly staff are busy cleaning and laundering for them, active seniors can fill their day with activities planned and scheduled by a full time Recreation Coordinator.

Beyond taking care of the tasks of daily living, Parkland Estates offers another service: peace of mind. Knowing Registered Nurses are on duty 24 hours per day gives residents and their families the comfort, security and reassurance that someone is always there when needed. Parkland Estates offers two lifestyle choices: Independent Living in Aberdeen Hall and Assisted Living in Bradford Hall. Parkland Estates also offers Short Term and Respite Care facilities for individuals who may require interim care between hospital and home or a place to stay for a short while.

Parkland Estates — discover a new concept in retirement living — for a tour of our facilities call (902) 457-0234.

John Hugh MacKenzie Housing Co-operative

Located in the South End Halifax a short walk from downtown, the John Hugh MacKenzie Housing Co-op is made up of 43 housing units. All occupants are 40 years of age and over. Originally designed for seniors, the unique apartment building contains 8 bachelor, 31 one-bedroom and 3 two-bedroom suites, all opening onto the large atrium common area in the middle of the building.

All units are fully accessible. Each home includes a stove, a frost-free fridge, and storage area.

Included in the rent is heat, lights and hot water. Other features include a security intercom entrance, lobby mail delivery, an elevator, individual storage lockers, laundry rooms on each floor, and underground parking for 13 vehicles at an extra charge.

The Co-op operates a library and crafts room, workshop facilities, a meeting room, and an office.

Phone: (902) 492-1808

Fax: (902) 461-1101

Victoria Hall

A beautifully decorated, historic residence for senior women who are still active and independent, but who may require basic support. Victoria Hall offers three floors of single rooms which are furnished by the residents and accessible by elevator. Room, board, staff support (including full time security staff), laundry service, cleaning, exercise classes, cable TV, social events and parking are provided for \$840.00/mth. Use of the foot clinic and hair salon and personal telephone are at the residents' own expense. Bus service near the front door.

Contact:

The Administrator,
2438 Gottingen Street
Halifax, NS B3K 3B9
Phone: (902) 422-3969
Fax: (902) 422-4701

Melville Heights

Melville Heights is a beautiful retirement residence overlooking the Northwest Arm. It has all the comfort, security and amenities for an active, independent lifestyle. At Melville Heights, our mission is to provide you with the quality of life you deserve; safe, worry-free, leisure living.

Our studio, one bedroom and two bedroom apartments are spacious and have full kitchen facilities. There are many amenities, activities and conveniences included in the monthly fee.

If you are an active senior wanting to make the most of life, Melville Heights should be your home address. Like many satisfied residents, we know you won't do without living here once you have seen the finest independent living for seniors.

For more information, contact:

Melville Heights

24 Ramsgate Lane, Halifax, NS B3B 2R6

Phone: (902) 477-3313



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When We Work Together
Patient • Physician • Pharmacist



MEDICAL SOCIETY
of Nova Scotia

00102492



Home Health Services

Professional Nursing Care	Home Support Service
• Nursing Visits • Pre and post surgical care • Private duty nursing • Maternal/infant care • Respite care • Foot care	• Personal care • Homemaking • Companion - sitters • DVA TAPS Cards accepted • Special needs, available upon request.

Serving Halifax - Dartmouth - Bedford - Sackville & surrounding areas
6960 Mumford Road, Suite 6, West End Mall, Halifax, N.S. B3L 4P1
Phone (902) 454-2571 Fax (902) 454-2522

0010C491

Haven Manor

Haven Manor, South End retirement home is serving Metro area with personal care and family life atmosphere since 1972. It is located at 6411 Coburg Road close to all amenities.

For brochure and additional information, please call
(902) 421-1167.

Drumdonald Manor

The alternative lifestyle for those who can no longer live alone or do not wish to live alone. Share a home with two other adults and have your own private live-in attendant.

For an information brochure please contact:

Drumdonald Manor
38A Withrod Drive,
Halifax, NS B3N 1B1
Phone: (902) 479-3165

Northwood Care Apartments

These cosy bachelor (for singles) and one bedroom apartments for couples offer older adults an opportunity to live to their fullest potential.

Available to seniors 58 years and older, the apartments are situated within Northwood Complex. Services on site include a pharmacy, convenience store, gift shop, beauty parlour, barber shop and 24 hour nursing coverage for emergencies. Many activities and outings are available through our Multi-Purpose Centre.

For further information, contact:
Admissions Department
Phone: (902) 454-3335
Fax: (902) 455-6408

Special Needs of Deaf Seniors (Northwood Care Apartments)

Northwoodcare Inc. is pleased to offer a unique living environment designed specially for Deaf seniors. To meet the special needs of Deaf seniors, the newly renovated floor will include visual signals, closed captioning, TTY telephones and time released appliances, as well as staff trained in sign language and Deaf culture. Most importantly, it offers companionship and relief from the isolation that the Deaf are so often subject to.

Residents will be able to choose between independent living apartments and our personal care suites for those requiring assistance with daily living. As well, residents can participate in our many programs and services offered at Northwood. Signing volunteers are available to assist with participation in our scheduled activities.

To learn more about this unique opportunity, contact Northwood's Resident Services at (902) 454-3356.

The Gladys M. Manning Retirement Community

Phone: (902) 454-3335
Fax: (902) 455-6408

Located on College Road in Windsor, overlooking beautiful Pesquid Lake and the Kings Meadow, this scenic site comprises approximately 100 acres being developed by the Atlantic Baptist Senior Citizens' Homes Inc. as non-profit housing for seniors 55 years of age and over. Various housing and service options are available, as follows:

A 40-unit apartment building designed to meet the needs of the independent

senior. These quality two bedroom apartments have been designed so one of the bedrooms is also suitable for a den or dining room. Spacious lounges and laundry facilities are located on each floor. A games and meeting room is located on the second floor. Land is available for gardening. Meal service is available in the retirement residence.

A retirement residence with 24 apartments opened in January 1998 and offers a full range of enhanced services including meals (dining room service), housekeeping and general tenant assistance. The monthly rent includes two meals per day, utilities (heat, electricity, cable TV), housekeeping, tenant assistance and recreational facilities and programs.

"Quality housing options designed to meet the needs of seniors "

For further information, please contact:
The Gladys M. Manning
Retirement Community
530 College Road, Windsor, NS B0N 2T0
Phone: (902) 798-0441; (506) 858-7870
Fax: (506) 858-9674
E-mail: spencerhome@health.nb.ca

Home Maintenance

Home Energy Conservation, Nova Scotia Department of Natural Resources

The Nova Scotia Department of Natural Resources provides a toll-free telephone line for Nova Scotians with questions about energy use in the home, including insulation, windows, heating systems and condensation, and energy conservation.

For information Monday-Friday,
8:30 am-4:30 pm, contact:
Phone: (902) 424-8188
Toll-free: 1-800-670-4636

Nova Scotia Power - Programs and Services

Nova Scotia Power offers a variety of special services that may be of interest to seniors such as the Automatic Payment Plan, the Third Party Notification Plan and the Power Smart Program.

For more information Monday-Friday
8:00 am-8:00 pm
Toll-free: 1-800-428-6810
TDD: 1-800-565-6051



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Experienced Healthcare Professionals
to aid you in your Home
Oxygen and CPAP Needs
Servicing Nova Scotia since 1969
1-800-363-9333

00109042

Shhh...listen...can you hear that?

Inverness County

Discover the Magic in the Masterpiece



The splashing and singing of pilot whales as they play in the harbour. The call of the fiddle, luring us to the dance floor at a Saturday night ceilidh. The horse's bray as we take a sleigh ride through the Highlands. The sounds are magical any time of year...come hear them for yourself in Inverness County, Cape Breton Island.

108997

Call 1-800-567-2400 now for information on the sounds and sights of Inverness County.

Coalition Support Services

A non-profit, community based, employment/training program offering service to seniors at reasonable rates: upholstery, furniture repairs and refinishing, and trucking (including moves).

For information contact:

Anne Parsons, Executive Director
Coalition Support Services
5522 Russell Street, Halifax, NS B3K 1X2
Phone: (902) 454-6405

Nova Scotia Home Builders Association

The Nova Scotia Home Builders Association (NSHBA) is a non-profit organization of independent home builders, renovators, and corporate members, working together as a group to improve the housing industry. The Renovators' Council, a sub-committee of the NSHBA, promotes professionalism in the renovation industry.

The Council offers an information package for seniors to help them renovate with peace of mind and confidence. The package includes a list of NSHBA members who are professional, reputable renovators, as well as information on questions to ask potential renovators and items that should be included in a written contract.

To request an information kit, contact:
Nova Scotia Home Builders' Association
15 A Oland Crescent
Bayers Lake Business Park
Halifax, NS B3S 1C6
Phone: (902) 450-5554 or
1-800-668-2001
Fax: (902) 450-5448
E-mail: renovations@nshba.ns.ca
Internet: www.nshba.ns.ca

Learning Opportunities

Libraries

Nova Scotia Regional Public Libraries — Services for Seniors

Nova Scotia Regional Public Libraries offer a variety of programs and services to senior citizens. These programs and services include: large print books; special collections of information relating to the interests and concerns of seniors; Books By Mail Service; Book Delivery Services; Talking Books Service; descriptive videos; and special library programs are offered which feature topics of interest to seniors. For more information, contact your nearest Regional Library.

Other Resource Libraries

Caregiver Resource Library,
Nova Scotia Centre on Aging
Phone: (902) 457-6561

Alzheimer Resource Library

Alzheimer Society of Nova Scotia
Open Monday–Thursday,
9:00 am–5:00 pm
and Friday 9:00 am–4:00 pm
Phone: (902) 422-7961

Cancer Resource Library

Cancer Treatment and
Research Foundation
Phone: (902) 428-4288; (902) 428-4200

Universities

Several universities in Nova Scotia offer credit courses to seniors on a tuition-free basis. For further information, contact the registrar's office at the nearest university or college.

Mount Saint Vincent University Programs

Master of Arts: Family Studies and Gerontology

Mount Saint Vincent University is now offering a Masters degree in Family Studies and Gerontology. This program is for individuals who wish to pursue specialized scholarly study in the area of gerontology or family studies. Students will normally have completed a four year baccalaureate degree from a university in a social science area (e.g psychology, sociology, women's studies, family studies, gerontology, social work, etc.) with a minimum B average. Undergraduate courses in statistics, research methods, and at least 5 courses in family studies or gerontology are required by all applicants. The Masters program will require completion of 5 units, including a one-unit thesis. Students may apply for a fall or winter admission into the program.

For more information contact:
Admissions Office, MSVU
Bedford Highway, Halifax, NS
Phone: (902) 457-6128

Bachelor of Applied Arts Family Studies and Gerontology-MSVU

Mount Saint Vincent University: The Family Studies and Gerontology program offers two options: 1) Gerontology, which focuses study on issues related to aging, and 2) Family Studies, which encompasses a study of individuals and families across the life course. Students are prepared for a variety of careers in the social welfare, aging, and family support sectors which focus on prevention, support and community development.

For example, graduates of this program are employed in family resource centres, transition houses, senior centres, long-term care facilities, and government departments which develop programs and policies related to issues associated with families and individuals across the life course.

Mount Saint Vincent University Certificate in Gerontology

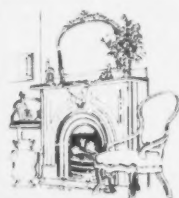
Mount Saint Vincent University offers a Certificate in Gerontology program for individuals currently working or planning to work in the field of aging. Normally, students enter the program with at least five units of university credit, but others may be accepted on the basis of equivalent experience or training. The program is structured to meet the needs of part-time students and requires successful completion of six units of credit.

For more information, contact:
Admissions Office, MSVU
Bedford Highway, Halifax, NS
Phone: (902) 457-6128

VICTORIA HALL

*A gracious residence for senior women
since 1860.*

Residents remain active and independent in an historic, home-like setting. We have three floors of single rooms which are furnished by the residents and accessible by elevator. Room, board, staff support, laundry service, cleaning, exercise classes, cable TV, social events and parking are provided at an affordable rate. Short term visits at a per diem rate are also available.



Contact:

422-3969

00102497

Community Education Programs

Canadian International Career College Inc.

The Canadian International Career College Inc is a private Career College, registered with the Department of Education and Culture. CICC is located in Bridgewater and has a focus on continuing learning opportunities for seniors. Courses range from Interest classes (e.g. Genealogy, Prepare your Own Will, Day to Day Technology) to Introductory Computer classes (e.g. Windows '95/'98, Internet, Email) to more advanced personalized Custom Training.

We are also open to ideas for classes from our seniors. If it's feasible, we will present the course.

Classes range in length from 2 hours to a few evenings, or Saturday(s) depending on the course availability of the instructors and preferences of those attending. As well, CICC can arrange for the instructors to go to the seniors, if they prefer.

All seniors receive a discount from our usual pricing.

With the custom training, the price remains the same for one person, or if the one person brings up to three friends.

We can be reached at:
724 King Street Plaza
Bridgewater, NS B4V 1B4
Phone: (902) 543-9900
1-800-572-2287
Fax: (902) 543-4363
E-mail: cicc@istar.ca
Web Site: www.ciccollege.com

Elderhostel

Elderhostel is an education-travel adventure organization with programs on every continent. At the Elderhostel program of your choice you can take courses and do field trips on a wide variety of subjects and join in extra curricular activities giving retired adults the opportunity to travel and learn at the same time.

For information or for a presentation on Elderhostel, contact:
Joyce Kennedy, Director, Atlantic Region
Elderhostel Canada
22 Woodlawn Road
Dartmouth, NS B2W 2R6
Phone: (902) 434-9320 or
Fax: (902) 435-7028
E-mail: Joyce.Kennedy@ns.sympatico.ca

Elderlearners

Elderlearners is an organization of seniors (55 years old and over) offering members an opportunity to become involved in lifelong learning. We continue to educate ourselves through a series of lectures every fall and winter on a wide variety of subjects of interest to seniors. Patterned on Universities of the Third Age in Europe, it encourages members to share ideas and become involved in third age learning. Elderlearners is sponsored by the Division of Continuing Education at Saint Mary's University.

For more information, contact:
Elderlearners
C/O Brian Tupper, SMU
P.O. Division of Continuing Education
Saint Mary's University,
Halifax, NS B3H 3C3
Phone: (902) 420-5492
Fax: (902) 420-5103

Legal Services

Legal Information Society of Nova Scotia

The Society provides legal information to Nova Scotians.

The website provides information on the Society's activities. You can also ask questions by email and read a number of our publications posted on the site.

E-mail: plens@auracom.com

Website: www.publiclegaled.ns.ca

Legal Information Line and Lawyer Referral Service

To ask a question about the law or to use the Lawyer Referral Service, contact:

Phone: (902) 455-3135

Toll-free: 1-800-665-9779

(If you receive an answering machine, please leave your name and number and your call will be returned promptly).

For Pamphlets, the Speakers Bureau, or other business, contact:

Phone: (902) 454-2198

Fax: (902) 455-3105

The Society's office is located at
911- 6080 Young Street
Halifax, NS B3K 5L2
or from September 1, 2000:
5523B Young Street
Halifax, NS B3K 1Z7

Nova Scotia Legal Aid

There are 13 regional offices, three sub-offices, and the office of the Executive Director located throughout the province. Nova Scotia Legal Aid may be granted to a person on Social Assistance or in an equivalent financial position and where there is merit in providing legal assistance in certain areas of family and criminal law.

Legal Aid offices are located as follows:

Halifax – Agricola St(902) 420-3450

Halifax –(902) 420-6565

Dartmouth(902) 420-8815

.(902) 420-8818

South Shore/Bridgewater. (902) 543-4658

Lunenburg Co.

Southwestern – Yarmouth(902) 742-7827

Annapolis/

Annapolis Royal(902) 532-2311

Digby Co.

Kings Co. – Kentville . . .(902) 679-6110

Cumberland Co.–

Amherst(902) 667-7544

Hants Co. – Windsor . . .(902) 798-8397

.(902) 798-8398

Colchester Co. – Truro . .(902) 893-5920

Pictou Co. –

New Glasgow(902) 755-7020

Antigonish(902) 863-3350

Cape Breton – Sydney . .(902) 563-2295

Sub Offices

Guysborough Co.(902) 863-3350

Port Hawkesbury(902) 625-2520

(or call Antigonish Office)

Liverpool/Bridgewater . .(902) 543-4658

Dalhousie Legal Aid

Dalhousie Legal Aid provides legal services to clients in the Halifax/Dartmouth Metropolitan Area who fall within its financial and case eligibility requirements.

Dalhousie Legal Aid is affiliated with the Law School of Dalhousie University.

For information contact:

Catherine Currell, Office Manager
Dalhousie Legal Aid
2209 Gottingen St., Halifax, NS B3K 3B5
Phone: (902) 423-8105
Fax: (902) 422-8067

Nova Scotia Dial-A-Law Foundation

Dial-A-Law provides general legal information on a wide variety of topics using brief tape-recorded messages. Dial-A-Law is open 24 hours a day and the only cost involved is if the individual using the service is calling long distance.

The service was created by the Nova Scotia Branch of the Canadian Bar Association and is sponsored by lawyers throughout Nova Scotia.

To use the service contact:
Phone: (902) 420-1888

Making a Will

The period following a death can be a highly emotional time. It is wise, then, to do some basic pre-planning to spare your friends and family from agonizing decisions, confusion, worry and legal entanglements by drawing up a will. It is advisable to have your will drawn up by a lawyer. The fee is minimal and well worth the investment. You can also write your own will without professional assistance. Standard forms are available at most stationery or office supply stores. You will need two competent adults, who are not mentioned in the will, or married to someone named in the will, to act as witnesses to your signing. The

witnesses must be present with the testator and witness his or her signing of the will and sign as witness to the will in each others presence.

It is important that you keep your will in a safe place that is known to your executor. Your executor is the person you wish to handle your affairs after your death. As soon as there are significant changes in your estate, your will should be updated. If your will appoints no executor or if the executor, though appointed, is unable or unwilling to act, or if you die without leaving a will the Probate Court may appoint an "administrator" to administer the estate. Your next-of-kin resident in Nova Scotia is eligible for appointment by the court to be "administrator" or "administrator with will annexed" of your estate.

The Public Trustee is likewise eligible for appointment and may, on its initiative, apply to the Court for and be granted authority to administer your estate when others, who are eligible to do so have not applied. In certain circumstances, the Public Trustee may be entitled in priority to all other persons to apply for and be granted appointment as "administrator" or "administrator with will annexed". The Public Trustee will act as an executor of an estate when appointed by a will to do so.

For further information contact:
The Public Trustee of Nova Scotia
P.O.Box 685, Halifax, NS B3J 2T3
Phone: (902) 424-7760
Fax: (902) 424-0616

Power of Attorney

A power of attorney is a legal document giving another person authority to act

on your behalf. The person you give power to is called the attorney. You are called the principal. You are still free to deal with property, bank accounts and investments. Illness, physical infirmity or some other reason may make you unable to deal with your affairs. You may give power of attorney to anyone who is 19 years of age or older. You should choose someone you can trust and who will carry out your wishes.

It is wise to have a lawyer draw up your Power of Attorney although, you can draw up a Power of Attorney yourself, however, you should talk to a lawyer who can explain the legal consequences of giving power of attorney. The document must be witnessed. The witness should not be the attorney or the attorney's spouse. Enduring Power of Attorney will allow the agreement to continue even if you become mentally incompetent.

There is also a law called the Medical Consent Act which authorizes a person to give consent to medical treatment on your behalf. This must be in writing and witnessed.

You may cancel a Power of Attorney by giving notice to the attorney, it must be in writing and signed by yourself.

For further information contact:
The Public Legal Education Society
Phone: (902) 455-3135
Toll-free: 1-800-665-9779

Finding a Lawyer

Lawyers are listed in the yellow pages of the phone book in alphabetical order and under areas of practice.

The Ombudsman

The Ombudsman Office is a unique office that when necessary will provide an independent, impartial and unbiased investigation into complaints against provincial and municipal government departments, agencies, and officials. As an independent and impartial Office we do not act as an advocate for the complainant nor as a representative of the government. We are an Office of last resort and as such will only formally investigate a complaint if a person has taken advantage of all avenues of appeal and or redress that is available to them.

The Ombudsman,
Province of Nova Scotia
P.O. Box 2152, Halifax, NS B3J 3B7
Phone: (902) 424-6780
Fax: (902) 424-6675
Toll-free: 1-800-670-1111

Long Term Care

Homes for Special Care

Homes for Special Care provide a continuum of services for eligible Nova Scotians who are disabled and/or elderly and who are unable to live independently in the community. The Homes for

**MOTOR
HOME
VACATIONS** (Canada)
...the only way to see it all.

8 Walker Avenue, Lower Sackville, NS B4C 4A1
Tel: (902) 864-2234 Fax: (902) 864-5544
Toll Free: 1-800-672-3572 (Option #2 for Halifax)

**TIoga**

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Rentals**

**Monaco**

Special Care which provide services primarily to seniors are; homes for the aged, licensed nursing homes, and residential care facilities. In 1993, responsibility for Homes for the Aged and licensed Nursing Homes transferred to the Department of Health. In April 2000, responsibility for the residential care facilities serving the senior population was transferred from Department of Community Services to the Department of Health.

Any facility which provides care for four or more residents must be licensed under the provisions of the Homes for Special Care Act and Regulations. Standards of care are maintained in these homes through a system of inspections from the respective provincial departments.

For more information on Homes for the Aged, licensed Nursing Homes, and residential care facilities contact: Mr. David Chadwick, Director, Community Care Operations Department of Health P.O. Box 488, Halifax, NS B3J 2R8 Phone:(902) 424-5769

Admission to a Home for Special Care

If you can pay for the cost of your care in a Home for Special Care for eighteen months or more, you are considered to be a private-paying person. This allows you to make application for admission directly to a non-municipally owned/operated home of your choice. The admission to a specific home will be an arrangement between the administrator of the home and yourself.

However, seniors who are seeking admission to a Home for Special Care and who do not have significant funds to pay for their care must apply to the Department of Health staff in the area where they live. A worker will obtain information from the applicant or someone authorized to act on the applicants behalf. Based on this information, the assigned worker will decide if the applicant's need for care and his or her ability to pay for the care in the home.

Refer to Single Entry Access, page 47.

Non-Profit Agencies, Service Clubs and Support Groups

Continuing Care Association of Nova Scotia

Continuing Care Association of Nova Scotia is a not-for-profit organization which represents facilities and service providers who address the needs of those in our society who need help with the daily tasks of living.

Member organizations serve clients such as the elderly with restricted mobility, and the adult physically and mentally challenged community. Member organizations may be facilities which offer residential care or organizations offering support services. There are approximately 50 members in the organization, all from the Continuing Care sector.

The organization's mission is to provide leadership and direction in the field of Continuing Care for all Nova Scotians through education, by advocating on their behalf and by supporting Caregivers.

This is achieved by:

- Sharing information on ways to enhance the quality of life for clients
- Establishing standards for the industry and working to encourage their adoption by government
- Educating and involving the public in the creation of quality care for our member's clients
- Providing education on appropriate areas to staff at all levels of the industry
- Lobbying government and working with government for improved working conditions and other conditions in the industry
- Sharing information of general interest in our membership
- Working with other organizations with similar objectives to achieve our primary goal

For further information please contact the CCANS Bloomfield Centre office at:
2786 Agricola Street, Room 119
Halifax, NS B3K 4E1
Phone: (902) 453-2977
Fax: (902) 453-2967
E-mail: ccans@ns.sympatico.ca
Chief Operating Officer: Debra Leigh

Nova Scotia Association of Health Organizations

NSAHO's sixty-seven members (representing 100+ organizations) come from a wide range of health and community service providers from across the province. These include the four regional health boards, the four non-designated hospitals, over 40 continuing care providers (nursing homes, adult residential and regional rehabilitation centers,

home care and home support agencies, group homes, small options); health care foundations, and community-based health providers.

Our main services include Clinical Engineering, Education, Human Resources, Insured Benefits, and NSAHO Pension Plan, and Policy and Representation. NSAHO provides other services and programs as needed, such as Policy Governance and Transition Services. Most NSAHO services operate on a fee-for-service basis, allowing members to choose the services that will truly meet their individual needs.

With our diverse membership from all areas of the health continuum and all regions of the province, NSAHO facilitates information sharing among providers and contributes system-wide provider perspectives to government and other health care agencies and associations. Non-member organizations who are providers of continuing care services may access the Continuing Care Forum which is sponsored by NSAHO to facilitate networking and collaboration among continuing care providers across the province.

For more information contact:
NSAHO

2 Dartmouth Road, Bedford, NS B4A 2K7
Phone: (902) 832-8500
Fax: (902) 832-8505
Web page: www.nsaho.ns.ca

The Family Caregivers Association of Nova Scotia

A newly formed provincial association dedicated to the recognition and support of those who are caregiving to family or friends who are physically or mentally

challenged, chronically ill, or frail elderly either at home or in a care facility. The Family Caregivers Association of Nova Scotia promotes education about the significance of the caregiver's role and their contributions to society, and advocates on their behalf. This association will address the needs and current gaps in the system, experienced by family/friend caregivers to all age groups.

For further information contact:

**The Family Caregivers Association
of Nova Scotia**

5535 Russell Street, Halifax, NS B3K 1W8

Phone: (902) 421-7390

Toll-free: 1-877-488-7390

Fax: (902) 421-6313

E-mail: fcgans@nwood.ns.ca

**Association of Independent
Health Care Services of NS**

The Association of Independent Health Care Services of NS is an association duly incorporated in 1997 as a not-for-profit society comprised of private sector Health Service Providers with a common idea that Health Services should be of the highest calibre to ensure the safety and protection of the public. The Association hopes to work with the Provincial Government to legislate standards of health care services, at all levels.

We are committed to setting a safe standard for Health Service agencies as well as monitoring the consistency in delivery of those standards. Our members represent mainland Nova Scotia, and provide a variety of Health Care Services.

For further information on this new and vital association please contact:

Carol Trites

P.O. Box 285

Hantsport, NS B0P 1P0

Phone: (902) 684-1156

**The Abilities Foundation
of Nova Scotia**

Registered as a charitable organization since 1931, The Abilities Foundation is a cross-disability, province-wide non-profit organization serving children, teens and adults with physical disabilities in Nova Scotia. Our services include: assistive devices, job skills training centre, mobile medical clinics, recreation programs, polio survivors support group, and information and referred services. The Foundation has authorization forms available for reduced fare tickets for the Railways. Also offered is a planned giving program, which offers significant tax benefits, the opportunity to provide for the future, and the ability to give a gift while maintaining your financial security.

For more information, contact:

Faye Joudrey, Coordinator

Community and Client Services

The Abilities Foundation of Nova Scotia

3670 Kempt Road, Halifax, NS B3K 4X8

Phone: (902) 453-6000, Monday-Friday
between 8:30 am and 4:30 pm

E-mail: admin@abilitiesfoundation.ns.ca

**The Alzheimer Society
of Nova Scotia**

The Alzheimer Society is committed to alleviating the personal and social consequences of Alzheimer Disease and other dementias and to promoting the search for the cause and cures.

The Alzheimer Society is a nation-wide, non-profit health organization dedicated to helping individuals, family members,

friends and caregivers affected by Alzheimer Disease and other dementias. Its goals are to provide support to research into the causes and cures, education and support programs, advocacy, fund development events, and a Resource Centre, which are accessible to all Nova Scotians.

The Society has Education and Support Groups that offer telephone support and monthly meetings throughout Nova Scotia. Through the Community Speaker's Bureau, guest speakers provide information on relevant topics and video presentations, offering the opportunity for individuals to receive current information about Alzheimer Disease and other dementias.

The Society offers free information kits, books and videos on loan through its Resource Centre.

For more details on how you can receive information and support, contact:

The Alzheimer Society of Nova Scotia
5954 Spring Garden Road
Halifax, NS B3H 1Y7
Phone: (902) 422-7961
Fax: (902) 422-7971
Toll-free: 1-800-611-6345(outside metro)
E-mail: alzheimers@ns.sympatico.ca
Website: www.alzheimer.ca

Arthritis Society — Nova Scotia Division

The Society is the only organization in Canada solely devoted to funding and promoting arthritis research, patient care and public education. Through its program of public education and information, the Society distributes factual

material about the more than 100 different forms of this disease.

The Society also administers Homecare Physiotherapy Nova Scotia(a program of the Nova Scotia Department of Health). The service is available to anyone, regardless of medical diagnosis, who cannot access out patient physiotherapy.

The Arthritis Self-Management Program helps people with arthritis learn how to manage their condition. The program costs \$25.00 and includes a copy of The Arthritis Helpbook. Anyone with arthritis and/or their friends or family members can participate.

For information, contact:

The Arthritis Society
West End Mall
6960 Mumford Road, Suite 573
Halifax, NS B3L 4P1
Phone: (902) 429-7025
Fax: (902) 423-6479
Toll-free: 1-800-321-1433
E-mail: info@arthritis.ca
Website: www.arthritis.ca

Canadian Cancer Society

The Canadian Cancer Society is a national, community-based organization of volunteers whose mission is to eradicate cancer and enhance the quality of life of people living with cancer. To achieve this mission, the Nova Scotia Division and volunteer units throughout the province provide the following programs and services:

Health Promotion – 30 per cent of all cancers are caused by tobacco and 20 per cent of cancers are related to foods we choose to eat. The Canadian Cancer Society works with people in communities to reduce their cancer risk.

Volunteers work with schools to provide healthy-lifestyle programs and classroom resources on healthy eating, SunSense and tobacco use. Volunteers work with community groups and participate in community events to raise public awareness about the importance of healthy lifestyle choices. The Canadian Cancer Society actively lobbies for healthy public policy that will enhance the lives of all Nova Scotians and reduce their risk of developing cancer.

Patient Resources – Based on eligibility, Canadian Cancer Society helps cancer patients and their families with the cost of cancer drugs, boarding and transportation to medical appointments for diagnosis. Patient supplies are available on loan from the Division.

Supportive Care – Canadian Cancer Society Supportive Care programs help cancer patients and their families deal with the emotion and spiritual needs that come with a cancer diagnosis through one-on-one and support group programs.

The Canadian Cancer Society's Cancer Information Service (CIS) – The CIS is a toll-free information service staffed by caring professionals. The CIS provides information in both English and French and is open Monday–Friday from 9:00 am–6:00 pm. Individuals can call the CIS for information on how to reduce their risk of developing cancer, for information on cancer treatment options, alternative therapies, emotional support, information on specific types of cancer, and much more. The toll-free number is 1-888-939-3333. Call today.

Please call us for more information about the Canadian Cancer Society, or to find

out about volunteer opportunities.

Phone: (902) 423-6183

Fax: (902) 429-6563

Toll-free: 1-800-639-0222

Canadian Diabetes Association

The Association promotes the health of Canadians through diabetes research, education, service and advocacy. A retail diabetes supply centre provides for all your diabetes needs. Pharmacare, DVA, Maritime Medical Care, Maritime Life, Confederation Life, Assure Health, Mutual Life, and Blue Cross cards are accepted. Members have the use of two diabetes supply centres, the Diabetes Dialogue Magazine, the Nova Scotia Banter Newsletter, free educational seminars and literature on nutrition, exercise and control of diabetes. Diabetic cookbooks, menu planners and other literature are available for a charge.

For more information, contact:
Sandra Backman, Executive Director
Canadian Diabetes Association, NS
Division

6080 Young Street, #101

Halifax, NS B3K 5L2

Phone: (902) 453-4232

Fax: (902) 453-4440

Canadian Mental Health Association — Nova Scotia Division

CMHA NS Division exists to promote the mental health of all Nova Scotians while recognizing cultural diversity. Branches of the CMHA may provide informal social support for individuals of all ages who have had mental health problems; information about mental health

services and resources; public education to encourage open minds and understanding; and advocacy for improved mental health services.

For information contact:

Canadian Mental Health Association
–Nova Scotia Division – 63 King Street
Dartmouth, NS B2Y 2R7

Phone: (902) 466-6600

Fax: (902) 466-3300

E-mail: cmhans@netcom.ca

Internet: www.cmhans.org

Contacts:

Shelley Joyce –

Resource Development/Marketing
Coordinator and

Tanya Hendsbee –

Administration Coordinator

Annapolis County

P.O. Box 249

Bridgetown, NS B0S 1C0

Contact: Marge Keast

Phone: (902) 665-5234 (home)

(902) 825-6511 (work)

Cape Breton

1482 George Street

Sydney, NS B1P 1P3

Phone: (902) 567-7735

Fax: (902) 567-7905

Contact: Michelle Deveau

E-mail: cmhacbrb@cbhc.ns.ca

Colchester/East Hants County

573 Prince Street

Truro, NS B2N 1G2

Phone: (902) 895-4211

Fax: (902) 895-4027

Pictou County

P.O. Box 959

New Glasgow, NS B2H 5K7

Phone: (902) 755-9441

Fax: (902) 755-3363

E-mail: blink@ns.sympatico.ca

Contact: Shelley Wood (902) 925-2550

Dartmouth

67 Octerloney Street

Dartmouth, NS B2Y 3Z9

Phone: (902) 463-2187

Fax: (902) 469-9918

Contact: Tony Myers

Halifax

2786 Agricola Street

Halifax, NS B3K 4E1

Phone: (902) 455-5445

Fax: (902) 455-7858

Contact: Carol Isenor

Kings County

326 Main Street

Kentville, NS B4N 1K6

Phone: (902) 679-7464

Fax: (902) 679-7453

Contact: Joyce Fisher

E-mail: outreach@valleyweb.com

Lunenburg County

25 Pleasant Street

Bridgewater, NS B4V 1M9

Phone: (902) 543-1147 or

(902) 543-1582

Fax: (902) 543-8332

Contact: Brenda Peters

Pictou County

P.O. Box 959

New Glasgow, NS B3H 5K7

Phone: (902) 755-3363

Contact: Heater Lank

Phone: (902) 755-9441 (office)

E-mail: Lankehe@pictou.nsccl.ns.ca

Nova Scotia Division

63 King Street

Dartmouth, NS B2Y 2T7

Phone: (902) 466-6600

Fax: (902) 466-3300

Canadian National Institute for the Blind (CNIB)

The Canadian National Institute for the Blind (CNIB) is a national voluntary agency providing services to individuals across Canada to whom loss of vision is a central problem in personal and social adjustment. CNIB also acts as a consultant and resource agency to the helping professions, government departments and private industry. The CNIB is committed to helping anyone with a vision problem that cannot be corrected using ordinary lenses and that significantly affects the person's ability to function. The CNIB uses a team approach in which staff, volunteers and clients work together towards a set of common goals. Our purpose is to help blind and visually impaired persons achieve the lifestyle they want, both at home and in the community.

To that end, CNIB offers seven core services: rehabilitation services; counselling and referral; rehabilitation teaching orientation and mobility training; vision rehabilitation, technical aid services; career development and library services.

For more information, contact:

Halifax District/Western NS and Colchester County:

Canadian National Institute
for the Blind

6136 Almon Street, Halifax, NS B3K 1T8
Phone: (902) 453-1480

Cape Breton/Antigonish and Pictou Counties:

235 Townsend Street
Sydney, NS B1P 5E7
Phone: (902) 564-5711
Fax: (902) 562-9802

Canadian Paraplegic Association (Nova Scotia)

The Canadian Paraplegic Association (Nova Scotia) is a registered, not-for-profit organization whose mission is to assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation. The association supports efforts in prevention, education, rehabilitation and research. A comprehensive range of support services are provided by trained counsellors and community workers including information and emergency equipment loans.

For information contact:

Laughlin J. Rutt, Executive Director
Canadian Paraplegic Association (NS)
1310 Hollis Street, Suite 150,
Halifax, NS B3J 3P3

Phone: (902) 423-1277

TDD: (902) 425-8326

Fax: (902) 492-1213

Website: www.canparaplegic.org

Sydney:

165 Townsend Street
Sydney, NS B1P 5E4

Phone: (902) 562-3291

Fax: (902) 562-2861

Heart and Stroke Foundation of Nova Scotia

The Heart and Stroke Foundation of Nova Scotia is a non-profit voluntary health organization whose mission is to further the study, prevention and reduction of premature death and disability from heart disease and stroke through research, education and the promotion of healthy living.

The Heart and Stroke Foundation of Nova Scotia offers a variety of programs

and educational resources related to the prevention and treatment of heart disease and stroke to patients and their families and to the general public. Some of these current programs include: Know your Blood Pressure by Heart, Stroke Awareness, Heart to Heart, Heart Smart Nutrition Program and Restaurant Program, and Emergency Cardiac Care/CPR. Educational materials are free to individuals. Agencies requesting in bulk quantities pay a nominal cost-recovery charge.

Since 1969, the Heart and Stroke Foundation of Nova Scotia has contributed close to \$22 million in grants-in-aid and personnel support in Nova Scotia. Directed to basic, clinical and behavioural research, the Foundation's support fosters a strong research community that is well recognized nationally and internationally. This research community helps to ensure high quality care for patients with heart disease and stroke and supports an excellent training environment for young physicians and scientists. Twenty heart and stroke research projects are currently being funded by the Heart and Stroke Foundation at Dalhousie University, the QEII Health Sciences Centre and the IWK-Grace Health Centre. treatment of congenital heart disease. Seventeen heart and stroke research projects are currently being funded by the Heart and Stroke Foundation at Dalhousie University, and the QEII Health Sciences Centre in Halifax.

Donations to support the work of the Heart and Stroke Foundation of Nova Scotia may be made in person, by telephone, by mail, or through our secured Internet site, shown below.

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For further information, contact:
Joan Fraser, Executive Director
Heart and Stroke Foundation
of Nova Scotia
5523 Spring Garden Road, Suite 204
Halifax, NS B3J 3T1
Phone: (902) 423-7530 or
Toll-free: 1-800-423-4432
Fax: (902) 492-1464
Website: www.heartandstroke.ca

The Kidney Foundation of Canada

The Kidney Foundation of Canada is a national, volunteer organization dedicated to improving the health and quality of life of people living with kidney disease. Supported by the public and responsible for its beneficiaries, the Foundation funds research and related clinical education; provides services for the special needs of individuals living with kidney disease; advocates for access to high quality care; and actively promotes awareness of and commitment to organ donation.

For information, contact:
Ms. Marie Oxner, Executive Secretary
The Kidney Foundation of Canada,
Nova Scotia Branch
1657 Barrington Street, Suite 235
Halifax, NS B3J 2A1
Phone: (902) 429-9298
Fax: (902) 425-5348
Toll-free: 1-800-889-5557
E-mail:
kidneyfoundation@ns.sympatico.ca
Website: www.kidney.ca

The Lung Association of Nova Scotia

The Lung Association of Nova Scotia is a registered charity combining the work of the Tuberculosis League (Halifax 1909) and the Asthma Society (amalgamation 1986). As a volunteer driven health charity, our fundraising activities provide resources to support our dedication to improve respiratory health and fight lung disease across the province through public education, research, patient services, and professional education for the medical community.

For information, contact:
Bill VanGorder, President CEO
17 Alma Crescent, Halifax, NS B3N 3E6
Phone: (902) 443-8141 or
Toll-free: 1-888-566-LUNG (5864)
(9:00 am–4:30 pm, Monday–Friday)
E-mail: info@ns.lung.ca
Website: <http://www.ns.lung.ca>

Multiple Sclerosis Society of Canada — Atlantic Division

The Atlantic Division of the MS Society of Canada is a not-for-profit organization committed to finding the cause and cure for multiple sclerosis, the most common disease of the central nervous system affecting young adults in Canada today. It is our mission to be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

For more information about MS, volunteer opportunities or our special event, or services that we provide, contact:

Multiple Sclerosis Society of Canada
(Atlantic Division)
71 Ilsley Avenue

Dartmouth, NS B3B 1L5
Phone: (902) 468-8230
Fax: (902) 468-5328
Toll-free: 1-800-268-7582
E-mail: infoatlantic@mssociety.ca
Website: <http://www.mssociety.ca>

Muscular Dystrophy Association of Canada

A non-profit charitable organization whose mission is *to generate the financial and human resources necessary to help people challenged by neuromuscular disorders today, while searching for tomorrow's cure.*

The Muscular Dystrophy Association of Canada is working to combat over 40 neuromuscular disorders.

For further information about any of our disorders or the services that we provide, please contact:

Muscular Dystrophy Association
of Canada (Atlantic Division)
1888 Brunswick Street, Suite 804
Halifax, NS B3J 3J8
Phone: (902) 429-6322
Fax: (902) 425-4226
E-mail: infoatlantic@mdac.ca

Osteoporosis Society of Canada

The Osteoporosis Society was established in 1982 to educate, empower and support individuals in the prevention and treatment of osteoporosis. We are a resource for patients, health professionals, the media and the general public who seek medically accurate information on the causes, prevention and treatment of osteoporosis.

For information, contact:
Osteoporosis Society of Canada
33 Laird Drive, Toronto, ON M4G 3S9
Phone: (416) 696-2663
Toll-free: 1-800-463-6842
Website: www.osteoporosis.ca

Parkinson Foundation of Canada

The main objectives of the Foundation are to:

- *provide hope* for tomorrow, by funding research for a cure for Parkinson's, and
- *make life better* today, by providing services, support, advocacy and education.

Through active participation, members of the Foundation provide many services, and hope for those affected by Parkinson's. In the Maritime Region, the Foundation provides a network of support to people affected by Parkinson's, as well as:

- free information, written and oral, with toll-free phone access for the Maritime Provinces 1-800-663-2468
- monthly self-help and support group meetings, and specialized seminars
- weekly exercise groups in some areas
- resource library: videos, books
- publications for loan or sale, and free brochures
- national and regional newsletters with updates on issues and activities of interest
- advocacy on issues of interest to people affected by Parkinson's

These services are some of the many benefits of membership in the

Foundation. Membership in the Foundation only costs \$25.00 per year.

The tulip is the floral symbol of Parkinson's, and bulbs are sold by the Foundation for fall planting.

For more information, contact:
The Parkinson Foundation of Canada,
Maritime Region

5475 Spring Garden Road, Suite 407
Cornwallis House, Halifax, NS B3J 3T2
Phone: (902) 422-3656
Fax: (902) 422-3797
Toll-free: 1-800-663-2468

Parkinson Foundation of Canada — Maritime Region *Chapter and Support Groups*

For further information on chapter and support group meetings, call: 1-800-663-2468. The Foundation has chapters and affiliates in the following locations:

Nova Scotia:

Amherst/Springhill
Antigonish
Bear River
Halifax/Dartmouth
Kings County
Lockeport
Lunenburg/Bridgewater
Sydney
Truro
Yarmouth

Prince Edward Island:

Charlottown
East Prince County

New Brunswick:

Chatham
Fredericton
Moncton
Saint John
Miramiche

For more information, contact:
The Parkinson Foundation of Canada,
Maritime Region
5475 Spring Garden Road, Suite 407,
Cornwallis House, Halifax, NS B3J 3T2
Phone: (902) 422-3656
Fax: (902) 422-3797
Toll-free: 1-800-663-2468

Psoriasis Society of Canada

The Society is an organization of support groups across Canada. Its aims are to:

- Increase awareness of the disease
- Form support groups across Canada
- Consult with government to assist with programs and services
- Encourage research programs

In October of each year the National Psoriasis Society holds a walk-a-thon.

For information, contact:
Judy Misner, President
Psoriasis Society of Canada
P.O.Box 25015, Halifax, NS B3M 4H4

Phone: (902) 443-8680
Fax: (902) 457-1664
Toll-free: 1-800-656-4494
Website: www.psoriasisociety.org

Canadian Liver Foundation

The Canadian Liver Foundation, founded in 1969, was the first organization in the world devoted to providing support for research and education into the causes of liver disease.

Through a private grant in memory of H.W. Knight Jr. as well as Research Fellowship and a Research Scholarship, the Canadian Liver Foundation, to date, has directed more than \$6 million to medical research programs.

The Canadian Liver Foundation continues to honour its original mandate of reducing the incidence and impact of all liver diseases. It provides support for research and education into all causes, diagnosis, prevention and treatment of liver diseases.

The Canadian Liver Foundation provides many services for liver disease patients, their families and the public, including:

- Education programs such as the Living With Liver Disease Program based on the needs of patients and health care professionals
- Over 30 volunteer chapters from coast to coast serving Canadians in their own communities
- Information services including telephone, mail and Internet; brochures on many liver and biliary tract diseases
- public awareness activities to create a better understanding of the liver
- promoting organ donation awareness campaigns to increase the supply of organs for Canadians in need of liver transplant

For more information, contact:

Ms. Billie Potkonjak

Canadian Liver Foundation

Suite 1500, 2235 Sheppard Avenue East

Toronto, Ontario M2J 5B5

Phone: (416) 491-3353

Fax: (416) 491-4952

Halifax Chapter:

Angela Vecchio-Ozman

Phone: (902) 429-3670

Recreation Nova Scotia

Recreation Nova Scotia exists to lead all Nova Scotians and communities

towards healthier futures through advocacy and services that promote the values and benefits of recreation. Recreation Nova Scotia is a vibrant new organization resulting from a merger of the Recreation Association of Nova Scotia, the Recreation Council on Disability in Nova Scotia and Volunteer Nova Scotia. Our Directory of Programs and Services include:

- Annual Conference and Awards
- \$1,000.00 Liability Insurance Programs
- Workshops:
 - Training Leaders in Activating Inclusion Workshops
 - Volunteer Training Workshops
- Provincial Volunteer Week
- Annual Lottery
- Go for Green Fund
- Resource Publications

Recreation Nova Scotia

5516 Spring Garden Road, Suite 312

P.O. Box 3010 South

Halifax, NS B3J 3G6

Phone: (902) 425-1128

Fax: (902) 422-8201

E-mail: rns@sports.ns.ca

Website: www.rns@sports.ns.ca

Royal Canadian Legion

With 119 branches in Nova Scotia, the Royal Canadian Legion stands ready to assist Veterans, and senior citizens generally in all times of need. For years, many branches have been helping seniors with health and home support programs; as well as loans of wheelchairs, crutches, and other apparatus to seniors. Many branches provide hot lunches. Check the branch in your area for this service.

Seniors requiring assistance may call the Service Officer of the Legion Branch nearest then or contact:

The Royal Canadian Legion
Nova Scotia Command Officer
5621 Rainnie Drive
P.O. Box 9075, Station A
Halifax, NS B3J 3T8
Phone: (902) 429-4090
Fax: (902) 429-7481

Support Programs

Early Alzheimer Support Program

This program is for individuals diagnosed in the early stages of Alzheimer Disease. This support group is lead by trained professionals with extensive experience with persons and families affected by a memory disorder. The program consists of eight sessions at the QEII Health Sciences Centre Camp Hill Veterans Memorial Building in cooperation with the Alzheimer Society of Nova Scotia.

For more information contact the Alzheimer Society of Nova Scotia at (902) 422-7961 or 1-800-611-6345.

Alzheimer Society of Nova Scotia Family Education Support Groups

The Alzheimer Society has 32 locations in the province that offer support and information to families. This information is available during monthly meetings to assist families learning about Alzheimer Disease and other dementias. There may be occasional guest speakers, video presentations and opportunity to

learn from other families experiences. In areas where meetings are not held, the volunteer community leaders provide telephone support.

For more information contact the Alzheimer Society at 1-800-611-6345.

Halifax Stroke Club

The Halifax Stroke Club is a self-help group for stroke survivors, family and friends which offers support and companionship. Members participate in games, outings and group discussions, as well as weekly exercises conducted by a professional physiotherapist. Meetings are held every Tuesday between 1:00 pm and 3:30 pm (accept during July and August) at the Senior Citizens Centre, 5755 Sackville Street. The group provides fellowship and understanding to help rebuild the survivors self-confidence and independence.

For more information, contact:
Halifax Stroke Club
5755 Sackville Street
Halifax, NS B3H 2C9
Phone: (902) 423-2861

Publications

Senior Citizens' Secretariat Newsletter

Information on seniors issues and events, locally and nationally. Printed four times a year.

Contact:
Senior Citizens' Secretariat
P.O. Box 2065, Halifax, NS B3J 2Z1
Phone: (902) 424-4737
Toll-free: 1-800-670-0065

The Seniors' Information Directory and Buyers Guide

This bi-annual reference, in its 16th year of printing, offers a guide to services. Articles may be submitted for publication.

Contact:

Lorne Urquhart

P.O. Box 468, Dartmouth, NS B2Y 3Y8

Phone: (902) 468-1081

The Seniors' Advocate

Bi-monthly newspaper addressing issues of concern to the 50+ market, 16th year of printing.

Contact:

Lorne Urquhart

P.O. Box 246, Waverley, NS B0N 2S0

Phone: (902) 468-5233

Recreation and Leisure

Sport and Recreation Commission Regional Services

The Sport and Recreation Commission has five regional offices and staff to work with individuals, municipalities and partner organizations to provide all Nova Scotians with equal opportunities for recreation involvement.

The little Red Schoolhouse Program helps community organizations make improvements to existing buildings for use as community centres. **Community Development Grants** supported senior games and the establishment of new programs.

For more information, contact the regional office in your area.

Cape Breton

Coleen Chisholm

338 Charlotte Street

Sydney, NS B1P 1C8

Phone: (902) 563-2380

E-mail:

accessns.sydney.chishoco@gov.ns.ca

Central

Nelson Ellsworth

P.O.Box 864, 5516 Spring Garden Road

2nd Floor, Halifax, NS B3J 3G6

Phone: (902) 424-7622

Fax: (902) 424-0520

E-mail: hlfxgnrl.spor.ellwojn@gov.ns.ca

Fundy

Jim Campbell

35 Commercial Street, Suite 101

Truro, NS B2N 3H9

Phone: (902) 893-6215

Fax: (902) 893-6108

E-mail:

accessns.truro.jcampbel@gov.ns.ca

Highland

Gary Boone

257 Main Street

Antigonish, NS B2G 2C1

Phone: (902) 863-7380

Fax: (902) 863-7477

E-mail: Internet:gboone@aurucom.com

Western

Debby Smith

99 High Street, Suite 200

Bridgewater, NS B4V 1V8

Phone: (902) 543-5000

Fax: (902) 543-0676

E-mail: Internet:debsmith@fox.nstn.ca

Municipal Recreation Directors

Most municipal units in Nova Scotia have recreation commissions with a chair and one or more staff. The names

of the staff directors/coordinators serving these commissions are as follows:

Cape Breton Region:

Cape Breton Co.

John Fraser (902) 563-5510

Inverness County

Port Hood –

John Cotton(902) 787-2274

Port Hawkesbury –

Jim Pyke(902) 625-2591

Richmond County

Arichat –

Clifford Boudreau(902) 226-2400

Victoria County

Baddeck – Tom Wilson . .(902) 295-3231

Highland Region:

Antigonish Town –

Raff Henderson(902) 863-3686

Antigonish County –

Marlene Melanson(902) 863-1141

Canso – Vacant(902) 366-2525

District of Guysborough –

Phil M. Hochman(902) 533-3508

Mulgrave – Janice Rand .(902) 755-8363

New Glasgow –

Bud Brown(902) 752-8209

Town of Pictou –

Gerard MacIsaac(902) 485-6057

Pictou County –

Cindy Fraser(902) 485-8528

District of St. Mary's –

Wilfred Alexander(902) 522-2598

Stellarton –

Michael Thompson . . .(902) 752-8944

Trenton – Martin Bates . .(902) 752-1019

Fundy Region:

Amherst –

Red Faulkner(902) 667-9557

Oxford(902) 447-2189

Springhill –

Pamela Adams(902) 597-3794

Colchester County –

Rosemary Wort(902) 897-3155

Truro –

Doug MacKenzie(902) 895-4484

Bible Hill –

Michelle Richard(902) 893-8083

District of East Hants –

Linda Atkinson(902) 758-2715

Parrsboro(902) 254-2036

Central Region:

Halifax Regional Municipality,
Recreation and Leisure Services

General Manager –

Programs(902) 490-4734

Western Region:

Annapolis

Annapolis County –

Deborah Ryan(902) 532-2334

Annapolis Royal –

Grant Poter(902) 532-7667

Bridgetown –

Bob Powell(902) 655-2938

Middleton –

Deborah Pyne(902) 825-5500

Digby

District of Clare –

Joanne Lebars(902) 769-2031

District of Digby –

Larry Williams(902) 245-5006

Yarmouth

District of Argyle – Frank Grant,

Acting Director(902) 648-3379

Yarmouth –

Jeffrey Gushue(902) 742-8868

Shelburne

Clark's Harbour –

Anna Kenney(902) 745-0226

District of Barrington –

Ray Green(902) 637-2760

Lockeport –

Cynthia Townsend(902) 656-2565

Shelburne Mun.–

Marilyn Johnston(902) 875-3544

Shelburne Town –

Jerry Locke(902) 875-3873

Queens

Queens Mun.–

Norman Amirault(902) 354-5741

Lunenburg

Chester –

Grace Taylor(902) 275-3490

Bridgewater –

Carol Pickings-Anthony .(902) 543-2274

Lunenburg Mun.–

Caroll Randall(902) 543-1354

Lunenburg Town –

Robin Scott(902) 634-4006

Mahone Bay –

Derrick MacKenzie(902) 624-9859

Kings

Berwick – Jill Bishop(902) 538-8902

Kentville –

Mark Phillips(902) 679-2540

Kings County – Bob Suffron/

Ted Meldrum(902) 678-6141

New Minas –

Bruce MacArthur(902) 681-6577

Wolfville –

Janet Landery(902) 542-2400

West Hants

Windsor Town –

Angela Green(902) 798-3910

Dist. West Hants –

Kathy Kehoe(902) 798-8391

Other Recreational Leisure Activities

YMCA of Greater Halifax/Dartmouth

The degree of independence you have in your life is directly related to how active you are in body, mind, and spirit. The YMCA offers a number of healthy lifestyle programs called Pryme Tyme which are designed specifically for older adults and taught by certified instructors.

These programs include Aquafit, Seniors Swim, 50+ fitness classes, Pryme Tyme Strength Training, Badminton, Tai Chi, Creepily Yoga, Social Dance, Aquacise for Arthritics, and Change of Heart (post heart attack fitness).

Elderobics Fitness Instructors' Specialty Workshop

Are you interested in Older Adult Fitness Certification?

A certification of participation will be issued to each participant in this workshop. If you complete an additional 8 hours of practical teaching in the Elderobics program and are favourably evaluated by a YMCA Trainer of Trainers you will be awarded a YMCA specialty certificate in Older Adult Fitness. For information please call Jean Shaw at (902) 423-9709 ext. 269.

Elderobics Association of Nova Scotia

Elderobics is a mild exercise program designed especially for men and women over 55 years of age, offered two and

three times a week in 10 community locations, at St. Andrew's United Church, Northwood Activity Centre, Emmanuel Church, Fairview United Church, St. John's United Church, Sir John Thompson Manor, Rockingham United Church, and St. Philip's Church in Halifax, at Findlay Community Centre and Dartmouth North Community Centre in Dartmouth.

For further information about class times, registration, and class fees please call Jean Shaw at the YMCA 423-9622, Ext. 269.

It's Never Too Late For Weights

A strength training program for older adults. This program runs Monday, Wednesday and Friday mornings from 9:30-10:30 am. Experienced staff members design personal weight training routines for participants and oversee all activity.

Walking Programs

There are a number of organized Seniors' Walking Programs in Nova Scotia. This is a list of some of the groups that get together to go for a walk:

Barrington Recreation

Department(902) 637-3254

Tiverton Islands Super Seniors,

Digby Co.(902) 839-2866

Westport Island Super Seniors, Digby Co.
(902) 839-2604

L.A.M.P. Hants County Seniors,

Windsor(902) 798-4913

North Mountain Walkers,

Granville Ferry(902) 532-2658

Central Nova Volkspport Club,

Truro(902) 895-9344

Ticker Troop,

Dartmouth(902) 466-5463

50+ expo

50+ expo is a special forum in which people in the 50+ age group and their families can experience and learn about products, programs and services available in today's marketplace. Of interest during EXPO are the exhibits, main stage entertainment, the hobbies/crafts area, and educational seminars. Many visitors to EXPO are impressed by the many talents and energy of the 50-plus age group.

For information, contact:

Valerie White, Chairperson

50+ expo

P.O. Box 2065, Halifax, NS B3J 2Z1

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

Nova Scotia Seniors' Art Gallery

The Gallery, a project of the Senior Citizens' Secretariat, is ongoing and is available to all persons 50+ who wish to participate. When one painting is sold, the artist is contacted and may replace it with another. The Gallery is located at The World Trade and Convention Centre, 1800 Argyle Street, Halifax and is open daily and weekends.

For further information, contact:

Valerie White, Executive Director

Senior Citizens' Secretariat

P.O. Box 2065, Halifax, NS B3J 2Z1

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

Nova Scotia Seniors' Photo Gallery

The Photo Gallery, a project of the Senior Citizens' Secretariat, is available to all persons 50+ who reside in Nova Scotia and who are interested in displaying or selling their works.

For further information, contact:
Valerie White, Executive Director
Senior Citizens' Secretariat
P.O. Box 2065, Halifax, NS B3J 2Z1
Phone: (902) 424-0065
Toll-free: 1-800-670-0065

Ski Atlantic Seniors' Club

Membership is open to persons over 55 who have retired from full-time employment or have reached age 65. A fee of \$145 per year entitles members to a ski area pass during weekdays (but not Saturdays or Sundays) at local ski resorts (Ben Eoin, Cape Smokey, Keppoch, Martock, Wentworth and the New Brunswick areas of Crabbe and Poley). Group lessons in Alpine skiing are available to beginners during arranged outings as well as through discounts with ski shops.

For more information, contact:
Ken Antoft
Ski Atlantic Seniors' Club
Site 4, Box 3B8
R.R. #1, Tantallon, NS B0J 3J0
Phone: (902) 823-3024

Nova Scotia Department of Natural Resources

In provincial parks with overnight camping facilities, seniors may stay at a reduced rate. The Department of Natural Resources has a brochure avail-

able which lists all of the provincial parks, including those that are wheelchair accessible. Seniors **MUST** purchase general sport fishing licences, but licences to hunt small and big game are free to seniors.

Salmon fishing is regulated by the federal government and requires also that all senior citizens purchase licenses for that sport.

For more information on these, contact:
Department of Natural Resources
P.O. Box 698, Halifax, NS B3J 2T9
Phone: (902) 424-5935

Safety and Security

RCMP Seniors' Safety Program

The RCMP Seniors' Safety Program is a community based service that is bringing the RCMP into the hearts and homes of our communities. It gives seniors an opportunity to have their questions and concerns addressed on an individual basis in their own homes. This program is opening the lines of communication so that seniors and the RCMP are working together to help prevent crime and keep communities safe. The Safety Program provides information for seniors and their families on Personal Safety and Household Security; Consumer Frauds & Scams; Health and Medication Safety; and general information on the legal system. The program is free of charge and available to seniors in Annapolis, Kings, and Pictou Counties through the Royal Canadian Mounted Police.

For more information or presentations on this program please contact:

Sharon Elliott
Annapolis County RCMP
Box 340, Bridgetown NS B0S 1C0
Phone: (902) 665-448; (902) 825-2999;
(902) 638-8825
Fax: (902) 665-2822

Barbara Dewtie
Stellarton RCMP
Box 2320, Stellarton NS B0K 1S0
Phone: (902) 396-3855
Fax: (902) 755-2691

Kim Levy
Kings County RCMP
18 Jones Rd, New Minas, NS B4N 3N1
Phone: (902) 679-5555; (902) 538-3666
(902) 765-3317; (902) 542-3817
Fax: (902) 681-2111

Seniors Centres

Seniors Centres are places where older people may go to meet one another; receive services and participate in activities designed to enhance their dignity; support their independence; and encourage their involvement in the community.

Seniors Centres Association of Nova Scotia (SCANS)

SCANS aims to encourage the establishment of new centres where the community has identified the need; and to link seniors centres from across the province. Individuals interested in forming seniors centres are welcome to become members of the Association.

For further information, contact:
Lucy Riley
6095 Coburg Road, Apt. #206,
Halifax, NS B3H 4K1
Phone: (902) 429-1585

Contact the following centres for more information on the programs and services in your area:

Spencer House
5596-Morris Street, Halifax, NS B3J 1C2
Phone: (902) 421-6131
Staff: Deborah Dostal

Northwood Multi-Purpose Centre
2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: (902) 454-8311
Staff: Annette Daigle

Bloomfield Centre
2786 Agricola Street, Halifax, NS B3K 4E1
Phone: (902) 490-4629
Volunteer contact: Sister Helen Darte

Chebucto Links (West End Outreach)
St. Matthias Church Hall
Mail to: c/o 2080 Windsor Street
Halifax, NS B3K 5B2
Phone: (902) 422-3525
Fax: (902) 422-9611
Staff: Jane Cowie or Valerie Connors

Rockingham Community Centre
199 Bedford Hwy., Halifax, NS B3M 2J9
Phone: (902) 489-4686
Staff: Sharon MacVicar

**Dartmouth Senior Kiwanis
Multi-Service Centre**
45 Ochterloney Street
Dartmouth, NS B2Y 4M7
Phone: (902) 465-5578
Fax: (902) 465-2755
Staff: Dorothy Theoret

Sackville Seniors' Advisory Council
Downsview Mall, Mezzanine Floor
P.O.Box 712, Lwr. Sackville, NS B4C 3V3
Phone: (902) 864-5591
Staff: Jackie Cajolis

Cape Breton Region

Louisburg Fortress Club

Louisburg, NS B0A 1M0

Phone: (902) 733-2041

Volunteer Contact: Iris Stevens

Steelworkers and Sydney

Pensioners Club

30 Inglis Street, Sydney, NS B1P 6R2

Phone: (902) 539-3399

North Shore Region

Valley View Villa

R.R. #1, Stellarton, NS B0K 1S0

Phone: (902) 755-5780

Staff Contact: David Lank

Club 60

P.O.Box 1012, Antigonish, NS B2G 2L3

Phone: (902) 863-3649

Pictou County New Horizons

Seniors' Centre

Front Street (Old Train Station)

Pictou, NS B0K 1H0

Phone: (902) 485-5538

Volunteer: Katherine MacKenzie

Greenfield Oldsters

Melrose, Guysborough County, NS

Phone: (902) 833-2524

Volunteer Contact: Alice Sutherland

Seniors' Information Centre

Hillcrest Manor

12 Manor Dr. Truro, NS B2N 6T1

Phone: (902) 895-2891

Truro VON Day Program

Johnson Manor

35 Commercial Street, Suite 200

Truro, NS B2N 3H9

Phone: (902) 893-3803

Contact: Janet Simms

Valley Region

L.A.M.P.

Fort Edward Mall, P.O.Box 427

Windsor, NS B0N 2T0

Phone: (902) 798-4913

Volunteer: Vivian MacMillan

Berwick and Area

Senior Citizens' Centre

Main Street, Berwick, NS B0P 1E0

Phone: (902) 538-7246

South Shore Region

Bridgewater Senior Citizens' Club

54 Foley's Lane, Bridgewater, NS B4V 2L9

Phone: (902) 543-7057 or (902) 543-4432

Volunteer contact: Maurice Eagle

Sunnyside Senior Centre

High School, Chester Grant

Lunenburg County

Phone: (902) 627-2961

Volunteer Contact: Alex Thorpe

Loyalist Senior Club

Mowatt Street North,

Shelburne, NS B0T 1W0

Phone: (902) 875-3998

Volunteer Contact: Phyllis Seaboyer

Western Region

Bear River New Horizons Centre

Bear River, NS B0S 1B0

Phone: (902) 467-3025

Volunteer: Thelma Buckler

Tiverton Drop-in Centre

Tiverton, Long Island B0V 1G0

Phone: (902) 839-2738

Volunteer: Bertha Ruggles

Freeport Drop-in Centre

Freeport, Long Island B0V 1B0

Phone: (902) 839-2559

Volunteer: Frank Thomas

Westport Drop-in Centre

Westport, Briar Island B0V 1H0

Phone: (902) 839-2052;

Volunteer: Connie Bisson

Les Femmes Acadienne de Clare

P.O.Box 31, Saulnierville, NS B0W 2Z0

Phone: (902) 769-2471

Volunteer: Edith Comeau-Tufts

Yarmouth Golden Age Club

10 Collins Street, (2nd St. Entrance)

Yarmouth, NS B5A 3C4

Phone: (902) 742-2925

Volunteer: Mary Power

Nouveau Horizons de la Baronnie

Fire Hall, West Pubnico, NS

Phone: (902) 762-2352

Volunteer: Aline d'Entrement

Seniors' Clubs and Councils

Societies' Act

Senior Citizens' Clubs, councils, and other organizations may become incorporated under the Societies' Act. There is a \$35.00 fee to have an application processed.

For more information or to obtain an application form, contact:
Registry of Joint Stock Companies
Maritime Centre, 1505 Barrington Street,
9 North,
P.O. Box 1529, Halifax, NS B3J 2Y4
Phone: (902) 424-7770

Access Nova Scotia

Toll-free: 1-800-225-8227

Directory of Seniors' Clubs and Councils

This Directory lists the Seniors' Councils and the Seniors' Clubs in Nova Scotia. Copies of that are available from:

Senior Citizens' Secretariat

1740 Granville Street

Halifax, NS B3J 2Z1

Phone: (902) 424-0065

Toll-free: 1-800-670-0065

Transportation

Nova Scotia Safety Council — 55 Alive Safe Driving Program

55 Alive is a national mature driver refresher course. The course consists of 6 hours of classroom instruction only, commonly offered over two mornings. There are no tests nor any negative effect on the license.

For more information, contact:
The Nova Scotia Safety Council
Phone: (902) 454-9621
Fax: (902) 545-6027

Transport 2000

This is a volunteer consumer movement formed to promote public transport. The organization is involved in research, consumer advocacy and education, touching all aspects of public transportation in the Atlantic Provinces.

Transportation is a central issue affecting seniors.

For more information, contact:
John Pierce
Transport 2000 Atlantic

Box 268, Dartmouth, NS B2Y 3Y3
Phone: (902) 469-3474
Fax: (902) 469-3637
E-mail: JK.Pearce@ns.sympatico.ca

Metro Transit

In the Halifax/Dartmouth/Metro area, Metro Transit offers a special fare policy for senior citizens. Seniors 65+, may receive a discount fare when purchasing a seniors' metro pass or 20-ticket sheet, or when paying a cash fare.

For more information, contact:
Metro Info Line: (902) 490-6600
TDD: (902) 490-6645
Fax: (902) 490-6688
E-mail: MetroInfo@region.halifax.ns.ca

Access-A-Bus

Access-A-Bus is a shared ride, door-to-door, public transportation service for persons who are declared eligible through the registration process. The service is owned and operated by Transit Service, Halifax Regional Municipality. The Access-A-Bus service operates within the communities of Halifax, Dartmouth, Bedford and the suburban area of Sackville, Colby Village, Eastern Passage, Forest Hills, Herring Cove and the Bay Road area (i.e., within 610 meters of a transit route in the Halifax Regional Municipality.) Anyone wishing to apply for Access-A-Bus service must complete and return an application. Access-A-Bus offers a special fare policy for senior citizens. Seniors 65+, may receive a discount fare when purchasing a seniors' metro pass or 20-ticket sheet, or when paying a cash fare.

For more information, contact:

Registration: (902) 490-6681
(Monday-Friday, 8:30 am-4:30 pm)

Scheduling: (902) 490-6999, press 1
(Monday-Friday, 9:00 am-7:00 pm)

Dispatch: (902) 490-6999, press 2
(Monday-Sunday, 5:00 am-1:00 am)

TDD: (902) 490-6664

Fax: (902) 490-6664

Handi-Trans-Transit Cape Breton

These lift equipment vehicles serve seven municipalities in Industrial Cape Breton.

For more information contact:
Transit Cape Breton
Cape Breton Regional Municipality
320 Esplanade Street
Sydney, NS B1P 1A8
Phone: (902) 539-8124

Volunteer Resource Centre/Transportation

The Volunteer Resource Centre, Sydney, NS, coordinates and administers the following programs: Meals on Wheels, Each One Teach One, a friendly visiting service, transportation, and snow shoveling; and recruits volunteers for other agencies. It is a non-profit organization and a member of the United Way of Cape Breton.

For more information and referral, contact:

Kay Batherson: (902) 562-1245

Able Transit – Truro

Serves Truro and surrounding area through Disabled Consumers' Society of Colchester Co.

Phone: (902) 895-2110

Shuttle Services to Halifax

Campbell's Shuttle Service

Yarmouth to Halifax Daily

7 Passenger Van, Personalized Service

Phone: (902) 742-6101 or

Toll-free: 1-800-742-6101

Health Care Shuttle

Health Care Shuttle provides shuttle return service (door to door) to Halifax. Drivers will escort/assist client in and out of hospitals, doctors offices if required, by appointment only.

For more information, contact:

Hugh Cameron

Health Care Shuttle

R.R.#2, Pictou, NS B0K 1H0

Phone: (902) 485-8710

Valley Drug Mart Health

Owners of the Health Care Shuttle offer a daily shuttle service to Halifax and return for patients having appointments with their specialists. All donations greatly appreciated.

For more information, contact:

Valley Drug Mart Health,

29-30 Commercial Street

Middleton, NS B0S 1P0

Phone: (902) 825-4824

Callow Wheelchair Buses Group Transportation

Group recreational transportation to accommodate individuals in wheelchairs as well as those unable to use conventional forms of transportation. A minimum donation is requested at time of placing an order for an outing.

For information contact:

Pat Fletcher, Executive Director or

Rosemarie Leblanc, Secretary

P.O. Box 33034, Halifax, NS B3L 4T6

Phone: (902) 422-9433

Canadian Red Cross Society Transportation Service

The transportation service provides free, door-to-door transportation to persons who require transportation to and from medical care (i.e. doctor's appointments, clinic attendance, day hospital, etc.). The service is available Monday to Friday in Halifax and Dartmouth cities only. There is no charge, but donations are gratefully accepted.

Phone: (902) 496-0103

Seniors' Wheel Association – Bridgewater

Seniors' Wheel Association runs an eight-passenger, wheel chair accessible bus in and around the town of Bridgewater for senior citizens and disabled persons of all ages. The service is free and is sponsored by the Kiwanis Club of Bluenose Golden K on a volunteer basis. The bus runs every day and some evenings on request. Clients are asked to phone one day ahead so that optimum use can be made of the bus.

Seniors' Wheel Association is pleased to share information on the formation and operation of their service with others interested in establishing a similar service.

For further information or to reserve the bus, contact:

Seniors' Wheel Association
P.O. Box 381, Bridgewater, NS B4V 2W9
Phone: (902) 543-2255 (answering service)

Nova Shuttle Service

Available for small group trips within the Halifax Regional Municipality.

Personalized service, air conditioned units. Priced by the outing or can be chartered by the hour.

Phone: (902) 471-6588

Volunteer Opportunities

Volunteer Resource Centres

These centres coordinate their own activities which you may be interested in becoming involved in and, also have lists of other agencies and what kind of volunteers they are looking for.

Halifax(902) 423-1368
Dartmouth(902) 464-1440
Sydney(902) 562-1245

Good Neighbours

The Good Neighbours Campaign in Nova Scotia is patterned after the Good Neighbours Campaign in Ontario and is sponsored by the Royal Bank of Canada and the Nova Scotia Provincial Government. The program was officially

launched April 27, 1993.

Good Neighbours is a public awareness campaign targeted at all segments of the community, particularly the frail, isolated or vulnerable.

Good Neighbours promotes an attitude to encourage people to reach out and help one another and to create caring, sharing and friendly communities. It inspires communities to build on existing good will and encourages ideas and responses that assist individuals to live independently in their communities.

For further information, contact:

Good Neighbours
c/o The Senior Citizens' Secretariat
1740 Granville Street
4th Floor Dennis Building
P.O. Box 2065, Halifax, NS B3J 2Z1
Phone: (902) 424-0065
Toll-free: 1-800-670-0065

Seniors' Goodwill Ambassador Program

The Seniors' Ambassador Program is part of a government project initiated in order to promote Nova Scotia at home and abroad by utilizing the skills of volunteers 50 years of age and older.

Having resided in Nova Scotia for many years, these ambassadors are well equipped to promote both the potential and positive aspects of their local areas as well as the beautiful province of Nova Scotia as a whole.

For further information, contact:
Seniors' Goodwill Ambassador Program
c/o The Senior Citizens' Secretariat
1740 Granville Street
4th Floor Dennis Building
P.O. Box 2065, Halifax, NS B3J 2Z1

Phone: (902) 424-4737
Toll-free: 1-800-670-0065

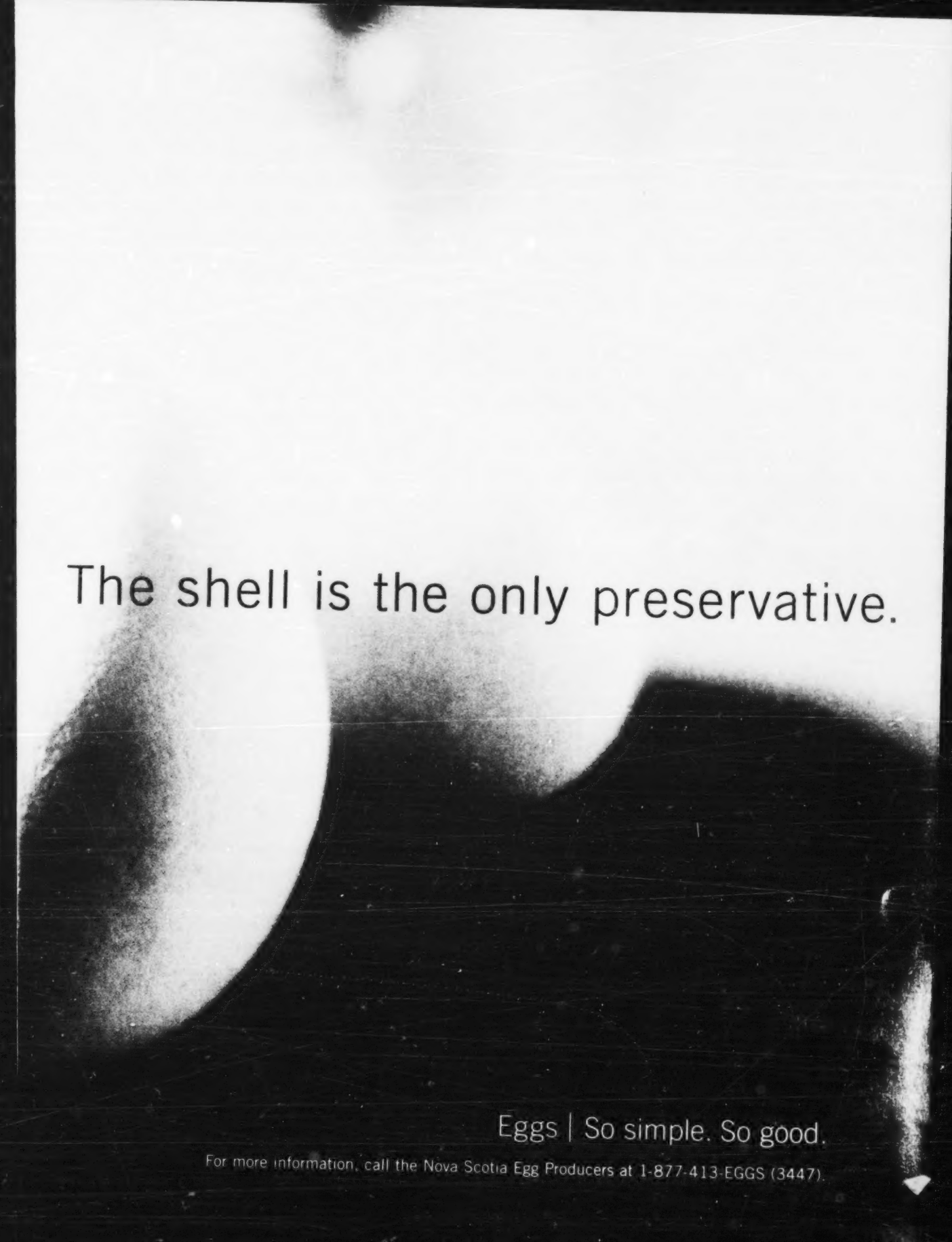
A Visit Into The Past

A perfect Nova Scotia outing is an excursion to visit the historic Ross Farm Museum, just 15 minutes from Chester Basin on Route 12 in New Ross (Exit 9 off Hwy. 103)

At this fully restored living museum of agriculture you can glimpse a gentler, peaceful time when people, animals and nature worked together in harmony. Talk with museum interpreters in period costumes who demonstrate crafts from the early days such as spinning wool and flax to make thread for clothing, wooden spoon and barrel making, as well as watching the master blacksmith make horse or ox shoes. He always has a few irons in the fire. The entire farm museum illustrates farming heritage while presenting the story of this 1816 settlement of inland Nova Scotia.

Overlooking Lake Lawson in a picturesque setting in Lunenburg County, the museum features eight historic buildings, a reception centre and gift shop. Crop plant species of the historic period such as flax are grown and harvested in the gardens. These and the heritage animals, chickens, wild turkeys, oxen reinforces both the agricultural and historic themes. Implements and artifacts on display in the barn illustrate agricultural developments in Nova Scotia through the years. In addition to the historic site itself, there are nature trails, horse drawn wagon rides, a gift shop, and a variety of participatory activities. Plan at the very least to spend a couple of hours when you come.

The air is fresh and pure, the farm sound relaxing and reassuring that some place in this hurried world of ours is still peaceful, quiet and has lasting value.



The shell is the only preservative.

Eggs | So simple. So good.

For more information, call the Nova Scotia Egg Producers at 1-877-413-EGGS (3447).

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